The pride of North Carolina's electric cooperatives

Volume 42, No. 7 July 2010

Carolina Country

Summer Stories

INSIDE:

Gleaning fresh food

The Parker family farm

Catching fireflies

READING RM NC COLLECTION
WILSON LIBRARY CB 3930
CHAPEL HILL NC 27599-0001

#BXMGZPW **********AUTO**3-DIGIT 279
#04407229354000091 8 40

Your Touchstone Energy® Cooperative

All about electric lawnmowers—page 9

FARMALL PRIDE MEN'S WATCH

Hard-working farmers for over 50 years have relied on a tough tractor—*Farmall—Red Power.* As the advertising proclaimed, they were "Time Proved for Improving Farming." Now, in tribute to these famous tractors, we've created a jewelry exclusive that's not only attractive but tough enough to stand the test of time. It's the *"Farmall Pride Men's Watch"*—a collectible watch you'll be proud to wear!

Exclusive Design ... Extraordinary Craftsmanship ... And Officially Licensed

Precision hand-crafted , the *"Farmall Pride Men's Watch"* is loaded with features and dramatic styling. The bracelet style watch has a highly polished silver-tone finish that features a bold black bezel with markers at every 5 minutes. Standing out against the watch dial is the famous Farmall Model M tractor. Etched on the reverse side is a United States map with the American Flag, and the motto that says it all ... *"Farmall Pride."*

(Shown actual size)

Dependable ... Affordable

Precision quartz movement and an adjustable clasp make this watch extremely dependable and comfortable to wear. It's water resistant to a depth of 99 ft., and protected by our unconditional 120-day guarantee as well as a full one-year limited warranty. It's a superb value as well at just $99*, payable in 3 convenient monthly installments of $33. To reserve yours, send no money ... just send in your Reservation Application today!

www.bradfordexchange.com/farm

©2010 BGE 01-09003-001-BIL

LIMITED-TIME OFFER

Reservations will be accepted on a ***first-come, first-served basis.*** *Respond as soon as possible to reserve your watch.*

*Plus $9.98 shipping and service. Please allow 4-6 weeks after initial payment for shipment of your jewelry item. Sales subject to product availability and order acceptance.

RESERVATION APPLICATION

THE BRADFORD EXCHANGE JEWELRY

9345 Milwaukee Ave., Niles, Il 60714-1393

YES. Please reserve the **"Farmall Pride Men's Watch"** for me as described in this announcement.

Signature _____

Mrs. Mr. Ms. _____
Name (Please Print Clearly)

Address _____

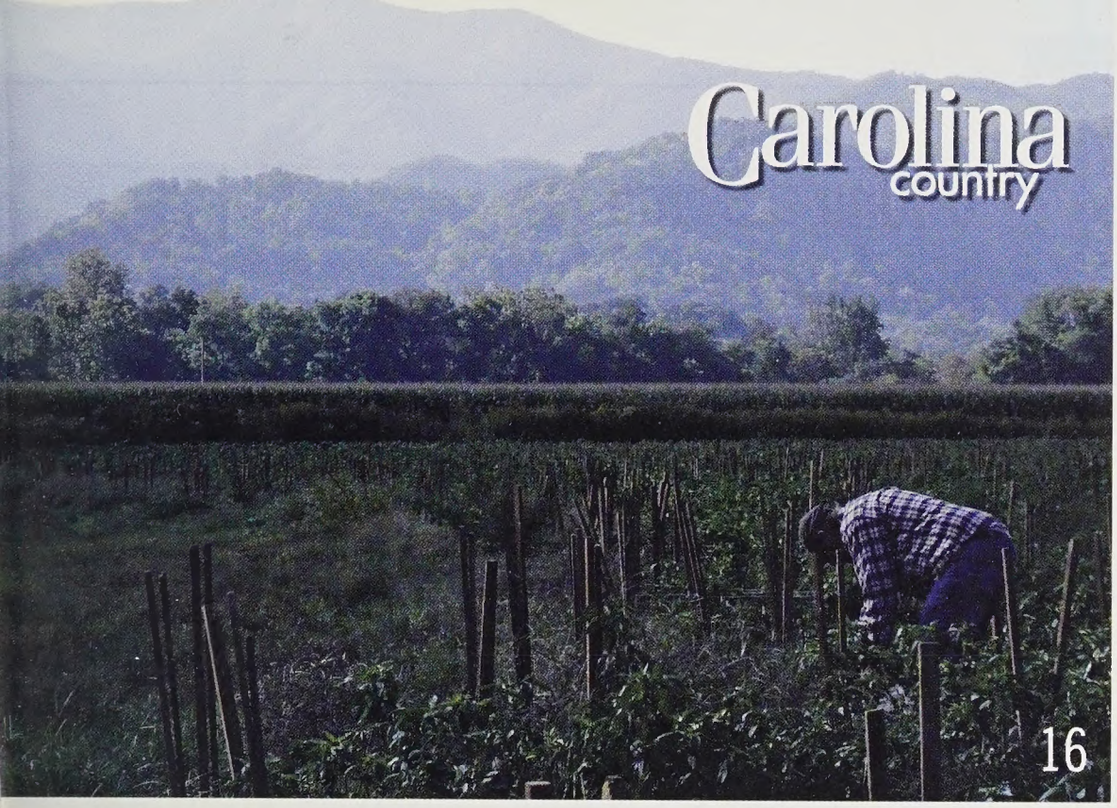
City _____

State _____ Zip _____

01-09003-001-E67291

Carolina country

July 2010
Volume 42, No. 7



FEATURES

10 *Jacob's Log*
Something to celebrate.

12 *Faces & Places*
A new photo exhibit showing North Carolina scenes and people.

14 *Outdoor Drama*
The summer season is heating up.

16 *Gleaning for Others*
Where fresh food does not go to waste.

18 *Pigs in the Pasture*
The Parker family farm in Orange County.

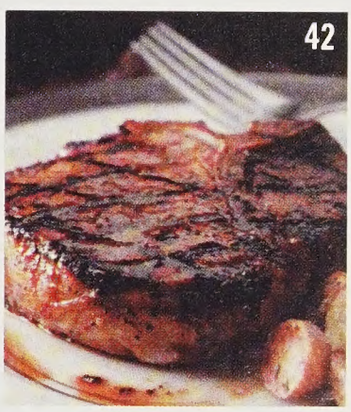
26 *Without Fear*
Why the multi-talented, legendary Plott hound is North Carolina's official state dog.

28 *Summer Nights & Freedom*
Your memories of fireflies, the Butters postmistress, stopping cows and more.

36 *St. Thomas Episcopal Church*
The oldest church in the state.

ON THE COVER

Ted Richardson's photo "Ferry Traveler" shows Brandon Williams, 8, riding the Cedar Island ferry on his way to visit his father at Ocracoke in July 2008. The photo is from the N.C. Press Photographers Association portion of the new exhibit "Celebrate North Carolina: Faces and Places," compiled by the N.C. Department of Cultural Resources and arranged in cooperation with the Office of First Gentleman Bob Eaves. See more, page 12.



FAVORITES

4 **First Person**
Taking a stand in Washington. Plus, your letters and photos.

8 **More Power to You**
A greener way to trim a lawn.

30 **Carolina Country Store**
Patriotic music, fresh salsa.

32 **Joyner's Corner**
From Power to Light.

34 **Carolina Gardens**
How to save tomato seeds.

37 **Carolina Compass**
Adventures in and around Fayetteville.

40 **Energy Cents**
Metal roofs.

41 **Classified Ads**

42 **Carolina Kitchen**
Key Lime Cake, Coffee-Molasses Marinated Pork Chops, Jalapeño Chicken Wraps

Carolina country

Read monthly in more than 650,000 homes

Published by North Carolina Association of Electric Cooperatives, Inc.

Your Touchstone Energy® Cooperative

3400 Sumner Blvd.
Raleigh, NC 27616
www.carolinacountry.com

Editor
Michael E.C. Gery, (919) 875-3062

Senior Associate Editor
Renee C. Gannon, CCC, (919) 875-3209

Contributing Editor
Karen Olson House, (919) 875-3036

Creative Director
Tara Verna, (919) 875-3134

Senior Graphic Designer
Warren Kessler, (919) 875-3090

Graphic Designer
Linda Van de Zande, (919) 875-3110

Publication Business Specialist
Jenny Lloyd, (919) 875-3091

Advertising
Jennifer Boedart Hoey, (919) 875-3077

Executive Vice President & CEO
Rick Thomas

Senior Vice President, Corporate Relations
Nelle Hotchkiss

North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

Why Do We Send You Carolina Country Magazine?
Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than $4 per year.

Member, Audit Bureau of Circulations

Advertising published in Carolina Country is accepted on the premise that the merchandise and services offered are accurately described and willingly sold to customers at the advertised price. The magazine, North Carolina Association of Electric Cooperatives, Inc., and the member cooperatives do not necessarily endorse the products or services advertised. Advertising that does not conform to these standards or that is deceptive or misleading is never knowingly accepted. Should you encounter advertising that does not comply with these standards, please inform Carolina Country at P.O. Box 27306, Raleigh, NC 27611. (919) 875-3062.

Carolina Country magazine is a member of the National Country Market family of publications, collectively reaching over 8.4 million households.

Carolina Country is available on cassette tape as a courtesy of volunteer services at the N.C. Department of Cultural Resources, Library for the Blind and Physically Handicapped, Raleigh, N.C. (888) 388-2460.

Periodicals postage paid at Raleigh, N.C., and additional mailing offices. Editorial offices: 3400 Sumner Blvd., Raleigh, N.C. 27616. Carolina Country® is a registered trademark of the North Carolina Association of Electric Cooperatives, Inc. (ISSN 0008-6746) (USPS 832800)

POSTMASTER: Send form 3579 to P.O. Box 27306, Raleigh, N.C. 27611.

Subscriptions: Individual subscriptions, $10 per year. $20 outside U.S.A. Schools, libraries, $6.

HAS YOUR ADDRESS CHANGED?
Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.

All content © Carolina Country unless otherwise indicated.

PRINTED WITH SOY INK. Soy ink is naturally low in VOCs (volatile organic compounds) and its usage can reduce emissions causing air pollution.

Taking a stand in Washington, D.C.

By Brandon Reed

In the shadow of the U.S. Capitol this spring more than 120 representatives from North Carolina's electric cooperatives met with members of Congress in Washington, D.C., to discuss issues critical to our members and our industry.

Cooperative board members and staff from across North Carolina walked the halls of Congress during the last week of May to ensure that the representatives elected to serve our state understand how the laws and regulations they enact impact rural consumers.

The federal Environmental Protection Agency (EPA) is prepared to begin regulating greenhouse gases next year under the Clean Air Act if Congress does not pass legislation to preempt EPA. North Carolina's electric cooperatives believe Congress is better suited to develop fair and balanced energy policy that takes into account the broader impact on the economy, consumers and the benefits to the environment.

The impact on consumers is the standard by which we judge any legislation.

We discussed the issues that need to be addressed if Congress is going to pass energy or climate change legislation that will allow us to continue to deliver reliable, affordable energy. Our Congressional leaders must understand that each state has unique energy needs, and they must recognize the regional differences and availability of resources to diminish carbon emissions.

Regarding federal legislation aimed at capping greenhouse gas emissions from electric power plants, your cooperative's board members and staff asked that it not result in placing an unreasonably high tax on utilities that would in turn be passed onto consumers. We also argued that any windfall that the government collects from taxing emissions be used for clean energy production, technology research and development, energy efficiency programs or direct rebates to you here at home.

The impact on consumers is the standard by which we judge any legislation. Your co-op's staff and board members in Washington asked Congress to include a workable cost containment mechanism to protect consumers from significant increases in the price of energy.

Electric cooperatives support and encourage member consumers to use efficiently the energy we produce. We believe that the cleanest and least expensive energy is energy that we don't use.

North Carolina cooperatives gathered more information on potential programs that would assist members in making energy efficiency upgrades. We want to make sure that any program Congress creates would help consumers reduce their energy bills and energy consumption without adding undue burdens.

As not-for-profit businesses owned by those we serve, we are advocating for reliable, safe, environmentally conscious and affordable electricity. At a time when many in Washington are pushing for big changes to happen quickly, we are calling to help consumers and to ensure that changes are sensible, balanced and—we can't say it to often—affordable.

Brandon Reed is grassroots specialist with the North Carolina Association of Electric Cooperatives.

The real green

I realize times and attitudes change, but the "Green" culture is over the top. The low-flow potties in our home take three flushings after each use. A friend is selling her spiffy energy-efficient washer and dryer for a third of the initial cost. They may use less water, but running the machines takes forever. People are giving up carrying their groceries in plastic bags, but they buy plastic bags for their trash. The "Green" culture is all about getting more green from our pockets.

I was taught to live and spend frugally. If I use too much electricity, my bill will tell me to cut back. The politically-correct part of your magazine drives me crazy and is unreadable.

P. Pritchard, Hendersonville

Museum safety lesson

I just thought that I'd let you know how fun and informative the "If You Blow a Fuse" electrical safety quiz can be [May 2010]. Like me, a few staff members of the Museum of the Cape Fear Historical Complex are co-op members. The quiz was passed out by our energy conservation team, and all were encouraged to take the quiz and turn it back in to the team. At the monthly staff meeting held the week after the quiz was distributed, prizes were awarded for top scores and fun was had by all. The prizes were CFL light bulbs.

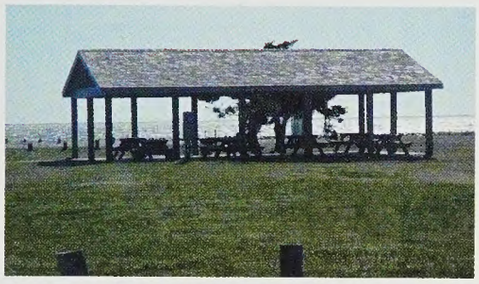
Heidi Bleazey, Fayetteville, South River EMC

Odd egg

Imagine our surprise when checking a bird's nest in a cherry tree and seeing that the bird incorporated a cherry to the nest. We wondered, "Will the bird try to hatch the cherry?"

David McEntire, Rutherfordton

Where my father worked



The picture for "Where Is This?" in the May magazine was the park at Shell Point on Harkers Island. This little area is where my father spent most of his time for the past three years. He was very sick and would stay at the park there most of the day, making his model boats, talking to people who visited. You can see the white paint on the picnic table bench where he worked. They were Tilboys Model Boats. He passed away June 2, 2009.

Belma Tunstall, Harkers Island, Carteret-Craven Electric

How do you make a cherry-popper?

My grandfather made me a cherry-popper years ago, and I would love to make one for my son. I can't find anyone that has ever heard of one until I ran across this posting on your website from G.W. Baker, Hertford:

"You Know You're From Carolina Country If...You made a cherry-popper out of a reed and used it. (Spitballs work almost as well as fresh wild cherries.)"

Is there a way you can tell me how it was made?

Todd Prince, tprince@rti.org

Hello, sunshine?

We are visiting North Carolina from England, where wind farms have sprouted across some of our most beautiful landscapes and are an eyesore. They also cause noise pollution to those people living nearby. I would hate to see the mountains of North Carolina so scarred, particularly when you have so much sunshine. And yet we have seen very little investment in solar technology, especially on domestic housing. Let's hope solar can provide a viable alternative to the wind farm.

Geoffrey Willis

Nothing but joy

We finally received the call. I was standing but had to sit down. I was sure they were mistaken. "Did you say a boy? We were told it was going to be a girl. Are you sure?"

We never had a boy before. I had already raised two daughters. We had all worked hard to pack away girl clothes.

We prepared for our trip to China to pick up our new son, Dangfu, later called by his American name, Caleb.

Flying there was easy. We had lots of stops before going to pick him up. Then, there he was as we turned the corner. Our hearts missed several beats.

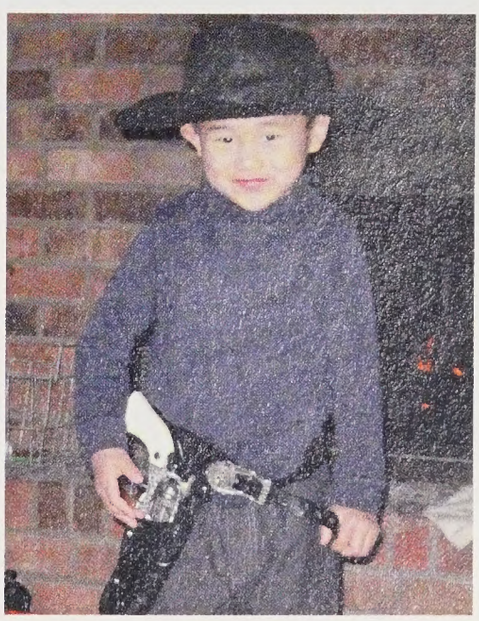
We asked, "Is this our baby?"

It was, and there he stood with his mismatched outfit. He was handed to us, and they told him, "Mama and Papa." We bonded immediately.

Caleb has given us nothing but joy, and we hope he feels the same. He loves Gunsmoke, Roy Rogers, and Thomas. It took him a while to learn to cuddle, but I am sure that is natural after living in an orphanage.

China has some large, crowded bus stations. Caleb was left at one of them when he was two months old. China's laws are different from ours, but I am sure Caleb's mother was broken-hearted when she left him there. She must have been a loving person judging by Caleb's personality. Our house stays turned upside down, but we have no regrets.

Anthony Dralle, Cerro Gordo



God's creations

After the busy holidays, my husband usually takes the kids and me to our favorite getaway on the Carolina coast. How we look forward to this. Sometimes during the holidays I slow down and think of the rest that eventually is ahead.

My husband makes reservations at the same hotel with a room as high up as we can get facing the ocean. The drive begins, our mouths watering and stomachs growling as we go to our next checkpoint, a pizza restaurant at the beach where we order everything we think we can eat to take back to our hotel room.

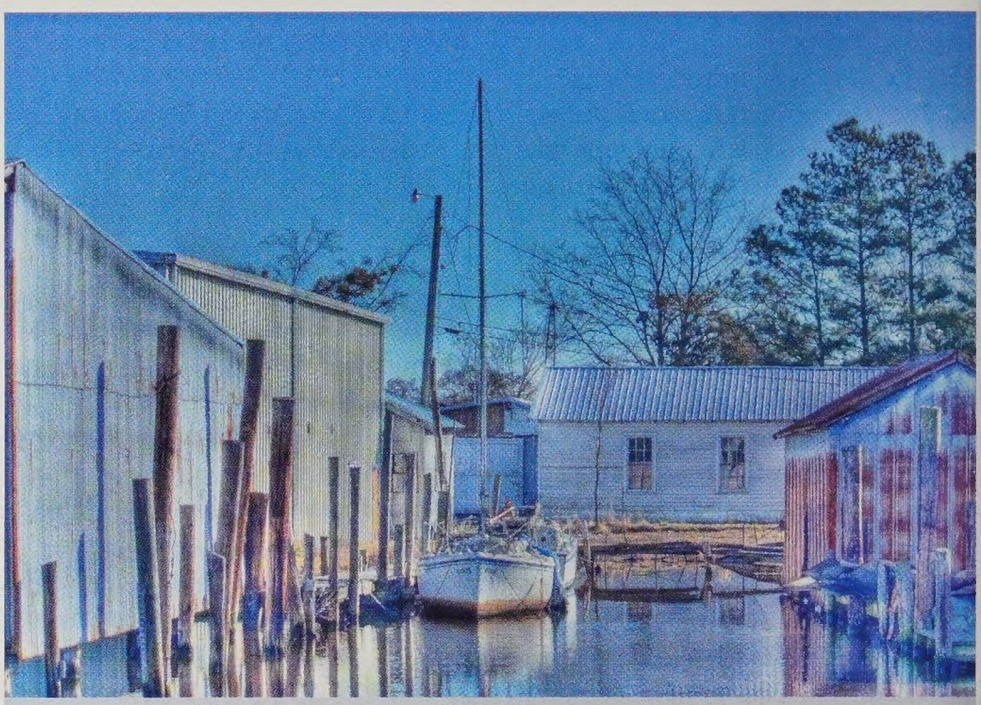
We check into the hotel with luggage, movies, books, video games. Our goal is to rest, all in our own way. We walk on the beach as a family, then sit on the balcony enjoying God's work, listening to waves on the beach.

I snapped this photo of two gulls, one sitting still enjoying life and another moving on to make more memories.

Sally Tyndall, Fremont, Tri-County EMC

Contact us

Website: www.carolinacountry.com
E-mail: editor@carolinacountry.com
Phone: (919) 875-3062
Fax: (919) 878-3970
Mail: 3400 Sumner Blvd.
Raleigh, NC 27616
facebook Find us on facebook at www.carolinacountry.com/facebook



Waiting to sail

Summer is here. This loner is just waiting to stretch its sail along the Pasquotank River.

Elizabeth Bateman, Elizabeth City, Albemarle EMC

The 1861–1865 revolutionary war

I congratulate Mr. Garrison for his short but well-researched article "The 26th North Carolina" [June 2010]. However, it pained me to see the term "Civil War" used at least seven times.

As pointed out by conservative columnist Walter Williams (and many others), the War of 1861–1865 was not a civil war. He correctly asserted that like the Revolutionary War, the so-called Civil War was a war of independence. Jefferson Davis had no desire to take over Washington, D.C., and the states and territories under its control anymore than George Washington wanted to take over London and the British Empire. Like the original 13 colonies, the 11 Southern states that eventually seceded just wanted out. The concept of secession, although not stated at the time of the ratification of the Constitution, was well understood by all 13 original states.

In fact, of the original 13 members who comprised that initial compact of sovereign states, New York, Virginia and Rhode Island reserved the right to withdraw if this new "union" did not proceed in the intended direction. After four years of bloodshed, that direction was determined by force of arms and the "union" became involuntary. We have pretty much arrived at the end point—the American Empire and an imperial regime that is increasingly despotic at home and aggressive abroad.

Walter L. Adams Jr., Trenton

Sunrise on Jordan Lake

This picture was taken on Jordan Lake in Chatham County early at sunrise one morning when my husband and I were fishing.

Kay Johnson, Cedar Point, Carteret-Craven Electric

GENTLE COMPRESSION...
REMARKABLE RELIEF!

Therapeutic Compression Stockings

ONLY $9.97

FREE Shipping & Handling when buying 2

Physicians Recommend Compression Stockings To Help:

- Poor Circulation
- Swelling
- Relieve Aching, Heaviness & Leg Fatigue
- Varicose Veins
- Direct Warmth & Support To Aching Legs

Non-Constricting Top Band

Ribbed Soles Massage Your Feet With Every Step

Dept 62659 © 2010 Dream Products, Inc

ORDER TOLL FREE 1-800-530-2689

www.DreamProductsCatalog.com (Web Offers May Vary)

A Godsend For Arthritis Sufferers!

Therapeutic Compression Stockings surround feet, ankles, calf & entire lower leg in soothing, warming gentle compression. This fashion import is the perfect combination of nylon & spandex help to reduce swelling, direct warmth to aching joints & offer just the right amount of support needed. Ribbed soles plus reinforced toe & heel put a spring in every step. Beige. Hurry, order today & get FREE Shipping & Handling when buying 2.

Satisfaction Guaranteed or Return For Your Money Back

#97476 ___Ladies' Compression Stockings@ $9.97	$
#97628 ___Men's Compression Stockings@ $9.97	$
CA residents must add 8.25% sales tax	$
Add $4.95 Shipping & Handling 1st Item FREE Shipping & Handling when buying 2 or more	$
TOTAL	$

SEND ORDER TO: **Dream Products, Inc.** 412 DREAM LANE, VAN NUYS, CA 91496

Therapeutic Compression Stockings | Dept. 62659

❑Check or money order **payable** to: **Dream Products, Inc.**

Charge my: ❑ VISA ❑ MasterCard ❑ Discover®/NOVUS℠Cards

Card# Expiration Date ___/___

Name _____

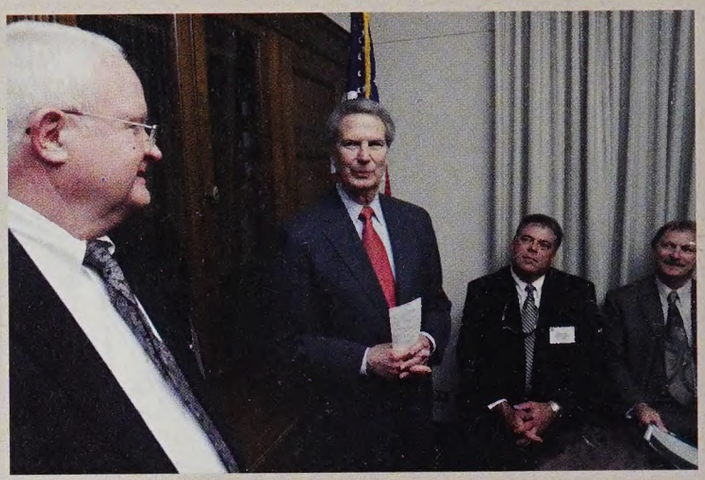
Address _____

City _____ ST ____ Zip _____

Visiting your representatives in Congress

(Photos by Mike Olliver)

EnergyUnited, Pee Dee and Piedmont EMC staff and directors confer with 6th District Rep. Howard Coble, Republican from Greensboro.



Rep. Walter B. Jones Jr., 3rd District Republican from Farmville, makes a point with delegates from Cape Hatteras Electric and Edgecombe-Martin County EMC.

Rep. Bobby Etheridge, 2nd District Democrat from Harnett County, greets Halifax EMC, South River EMC and Randolph EMC delegates.

Rep. Larry Kissell, 8th District Democrat from Bisco, meets with delegates from Randolph EMC, Pee Dee EMC and Lumbee River EMC.

Energy calculators can help farmers

To get the biggest bang for their electricity dollar, farmers are turning to energy efficiency to boost their bottom line.

Electricity on the farm powers heating (water, space, heat lamps), pumping (irrigation, water wells, manure lagoons), refrigeration, ventilation, lighting, fans (drying grains, aeration), and materials handling feed augers, manure conveyors, milking, and egg conveyors. In the area of motors and lighting alone, the American Council for an Energy Efficient Economy (ACEEE) estimates farmers could save $88 million annually by implementing cutting-edge efficiency measures using available technology.

Each farm—from dairy and poultry to general agriculture—provides different opportunities for efficiency upgrades, varying by region and crop. For regional and/or crop-specific energy efficiency options, the U.S. Natural Resources Conservation Service provides farm energy calculators. From animal housing operations to irrigation estimates, the calculators assess how much energy your farm currently uses and provide insights on how to cut your energy costs. Learn more at http://energytools.sc.egov.usda.gov.

Recovery Act funds go to N.C. energy efficiency projects

Gov. Bev Perdue recently announced that an additional $4.9 million in federal Recovery Act funding for energy efficiency block grants was awarded to 58 projects in 52 local governments to help save on utility and fuel bills and create jobs. The grants mark the last distribution of money from the Energy Efficiency and Conservation Block Grant program in North Carolina, for a total of about $11.9 million to 104 local governments, public school systems and community colleges. Funded projects include efficiency improvements to public buildings in the areas of lighting, appliances, weatherization and HVAC systems. The grants program is administered by the North Carolina Energy Office, part of the state's Department of Commerce, to encourage energy conservation and economic investment. For more information on the projects, go to www.ncrecovery.gov.

Try This!

A greener way to trim a lawn

by Brian Sloboda

Source: Neuton

Neuton battery-powered mowers run on a rechargeable Duracell battery.

Lawn mowers and other gas-powered lawn equipment may keep yards tidy but their small engines emit a surprisingly large amount of pollution. By some U.S. Environmental Protection Agency (EPA) estimates, engines used to maintain lawns and gardens account for 5 percent of total U.S. air pollution.

Although regulation of small engines has not been a governmental priority, new rules will go into effect in the next year or two governing emissions from small engines.

The gasoline engines powering lawnmowers and other yard equipment emit carbon monoxide, a colorless and odorless gas toxic to humans. They also emit hydrocarbons and nitrogen oxide that contribute to the formation of ground-level ozone. Operating a gasoline-powered lawnmower for one hour produces the same amount of smog-forming hydrocarbons as driving an average car almost 200 miles, according to the EPA.

What's more, gas lawnmowers are noisy—just ask anyone who wanted to sleep in on a Saturday morning when a neighbor decided to do yard work.

Options exist to help keep grass beautifully groomed while reducing air and noise pollution.

A manual reel mower is one great option. These mowers have no engine, no fuel, and use human power. They have zero emissions and emit little noise. A reel mower's cost starts at $70. To maximize their effectiveness the blades should be sharpened regularly and wheels lubricated. Though it's still hard to push a reel mower through tall grass, today's models are lighter and easier to maneuver. They are best-suited for smaller yards.

Electric- and battery-powered mowers offer a clean alternative to the reel mower. Like gas mowers, electric- and battery-operated mowers have a motor that spins a blade, which cuts the grass. They are quiet, emit no direct pollutants, and can either be corded or cordless.

Costs for a corded mower are similar to that of a gas-powered mower, ranging from $150 to more than $400. However, they do have one very limiting feature: they must be connected to the house via an extension cord. Users must be aware of where the cord is at all times to avoid running over it with the mower.

Cordless rechargeable mowers are more convenient than their corded counterparts. Some cordless mowers have a removable battery that can be charged inside the home and placed in the mower when it is time to mow. Costs range from $200 to more than $500.

Rechargeable mowers are limited by the life of the battery pack. As a result they may not be best for large lawns. When shopping for a cordless mower, look for information on the size of lawn the mower can handle or the minutes the mower runs on a single charge. Many cordless mowers sport claims of being able to cut one-third to one-half acre of yard in 45–60 minutes. Actual times will vary, depending on the battery's age, grass height and energy of the user.

The choice in cordless mowers has expanded, with models introduced by well-established companies like Toro and Black & Decker as well as newcomers like Neuton. But cordless mowers receive mixed reviews. Given the high cost of the mowers, careful attention should be paid to the brand and model. Online reviews of cordless mowers are a helpful resource.

Brian Sloboda is a program manager specializing in energy efficiency for the Cooperative Research Network.

Operating a gasoline-powered lawn mower for one hour produces the same amount of smog-forming hydrocarbons as driving an average car almost 200 miles, according to the EPA.

Can you help others save energy?
Send your conservation ideas or questions to us: P.O. Box 27306, Raleigh, NC 27611, or E-mail: editor@carolinacountry.com

JACOB'S LOG:

something to celebrate

By Jacob Brooks

Hello Carolina Country readers! It seems like you guys always know exactly the right page to turn to in this magazine. Thanks for stopping by once again.

Things have sure changed here on Walton's Mountain. This school year has come and gone. Graduation was about a month ago on June 4. Now I have graduated and am an adult. To be honest, I really don't feel the change, but I'm sure once things get started at UNC Chapel Hill, I'll feel all that growing up stuff.

In other news, Mom is doing incredibly well. By the grace of God, her leukemia has gone into remission. Thank you, everyone, for your prayers and support.

We also had to renovate our home when Mom was diagnosed with leukemia. The mold in our house could have been harmful to her health, so we finally finished up the house and moved back in. We were out of the house since the end of March. I also want to thank everyone from the community who helped with our house. It's truly humbling to see all the wonderful people who are willing to lend a hand. Anyway, it was sort of tough, but we had a great time staying with family and friends; we had a lot of laughs.

Well, it's that time of year again. Grills are being cleaned (probably at this very instant), plans are being made, and retail stores all over North Carolina are not selling us any fireworks. (What a shame.) That's right, my fellow North Carolinians: Independence Day approaches.

This year we celebrate our nation's 234th birthday. For 234 years this great nation has stood against all odds and overcome them. We have faced wars, depressions, attacks and criticism, but in the end the American spirit has always prevailed. We are a nation built by immigrants looking for a way to live a better life. We are a nation built by the hands of the blue-collar worker trying to provide for his or her family. We are a nation built on morals and integrity. We are a nation built on the belief that all people are created equal, and that all of us possess God-given rights. If that's not something to celebrate, I don't know what is.

We are all fortunate to call the United States of America our home. In this nation we are not oppressed, nor are we told how many children we can raise. In this nation we are not required to worship and believe as others do. We have the freedom to live without pressure from our rulers. We have the freedom to think and speak our hearts. Basically, we have the freedom to live. If that's not something to celebrate, I don't know what is.

As you sit on a blanket and watch the fireworks on July 4th, I hope you can reflect on a wonderful life here in this great nation. As you drive across our state line to try and grab some fireworks (I won't tell anybody, but I know some of you do it), think about how fortunate you have been to call yourself an American. Sure we've had our troubles here and there, but there is no other nation like ours.

Happy birthday, America. I pray you'll have many more to come. God bless our troops who have fought and continue to fight for the Stars and Stripes.

Jacob Brooks was the 2009–2010 national spokesman for the electric cooperatives' Youth Leadership Council. In June he accompanied the North Carolina delegation of students on the Rural Electric Youth Tour to Washington, D.C. He lives in Alleghany County where his family is served by Blue Ridge Electric.

Follow Jacob on the Carolina Country page on Facebook.

HARBOR FREIGHT TOOLS

Quality Tools at Ridiculously Low Prices

FACTORY DIRECT TO YOU!

How does Harbor Freight Tools sell high quality tools at such ridiculously low prices? We buy direct from the factories who also supply the major brands and sell direct to you. It's just that simple! Come see for yourself at one of our 330 STORES NATIONWIDE and use this 20% OFF Coupon on any of our 7,000 products, plus pick up a FREE 9 LED Aluminum Flashlight. No Strings Attached, No Purchase Required! We stock Automotive products, Shop Equipment, Hand Tools, Tarps, Compressors, Air & Power Tools, Material Handling, Woodworking Tools, Welders, Tool Boxes, Outdoor Equipment, Generators, and much more.

NOBODY BEATS OUR QUALITY, SERVICE AND PRICE!

- √ We Have 10 Million Satisfied Customers
- √ We Buy Factory Direct and Pass the SAVINGS on to YOU!
- √ Shop & Compare Our Quality Brands Against Other National Brands
- √ Thousands of People Switch to Harbor Freight Tools Every Day!
- √ NO HASSLE RETURN POLICY √ Family Owned & Operated

LIFETIME WARRANTY ON ALL HAND TOOLS!

We Will Beat Any Competitor's Price Within 1 Year Of Purchase!

330 STORES NATIONWIDE
Store Locator: 1-800-657-8001

Shop Online at HarborFreight.com

SUPER COUPON!

FREE!

3-1/2" SUPER BRIGHT NINE LED ALUMINUM FLASHLIGHT

ITEM 65020

NO PURCHASE REQUIRED!

79946083

Cannot be used with any other discount or coupon. Limit one coupon per customer per visit. Coupon not valid on prior purchases. Offer good while supplies last. Coupon cannot be bought, sold or transferred. Original coupon must be presented in store in order to receive the offer. Valid through 10/25/10. Limit one per customer.

SUPER COUPON!

20% OFF ANY SINGLE ITEM!

Use this coupon to save 20% on any one single item purchased when you shop at a Harbor Freight Tools store. Cannot be used with any other discount or coupon. One coupon per customer. Coupon not valid on any of the following - prior purchases, gift cards, or extended service plans. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in store in order to receive the offer. All Campbell Hausfeld products are excluded from this offer. Valid through 10/25/10.

22229900

Get More Coupons at HarborFreight.com/carolinacountry

SUPER COUPON!

3000 LB. CAPACITY LIGHTWEIGHT ALUMINUM RACING JACK

LOT NO. 91039/67408

Item 91039 shown

U.S.GENERAL

$59.99

REG. PRICE $99.99

SAVE $40

97171557

HARBOR FREIGHT TOOLS - LIMIT 1

This valuable coupon is good anywhere you shop Harbor Freight Tools. Coupon not valid on prior purchases. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in store, with your catalog order form or entered online in order to receive the offer. Valid through 10/25/10.

SUPER COUPON!

CENTRAL PNEUMATIC®

3 GALLON 100 PSI OILLESS PANCAKE AIR COMPRESSOR

LOT NO. 95275

$39.99 REG. PRICE $74.99

SAVE 46%

20412953

HARBOR FREIGHT TOOLS - LIMIT 1

This valuable coupon is good anywhere you shop Harbor Freight Tools. Coupon not valid on prior purchases. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in store, with your catalog order form or entered online in order to receive the offer. Valid through 10/25/10.

SUPER COUPON!

CHICAGO ELECTRIC welding systems

90 AMP FLUX WIRE WELDER

LOT NO. 98871/94056

Item 98871 shown

$89.99

REG. PRICE $149.99

SAVE $60 NO GAS REQUIRED!

68927441

HARBOR FREIGHT TOOLS - LIMIT 1

This valuable coupon is good anywhere you shop Harbor Freight Tools. Coupon not valid on prior purchases. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in store, with your catalog order form or entered online in order to receive the offer. Valid through 10/25/10.

SUPER COUPON!

MULTIFUNCTION POWER TOOL

LOT NO. 67256

$34.99

REG. PRICE $59.99

CHICAGO Electric Power Tools

SANDING

SCRAPE CONCRETE

17 DIFFERENT ATTACHMENTS AVAILABLE IN OUR STORES!

CUT METAL

CUT DRYWALL

CUT PLASTIC

PLUNGE CUTTING

CUT FLOORING

SAVE 41%

80523988

HARBOR FREIGHT TOOLS - LIMIT 1

This valuable coupon is good anywhere you shop Harbor Freight Tools. Coupon not valid on prior purchases. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in store, with your catalog order form or entered online in order to receive the offer. Valid through 10/25/10.

SUPER COUPON!

CENTRAL PNEUMATIC®

HIGH SPEED METAL SAW

LOT NO. 113/91753

Item 113 shown

$9.99 REG. PRICE $29.99

SAVE 66%

70069596

HARBOR FREIGHT TOOLS - LIMIT 1

This valuable coupon is good anywhere you shop Harbor Freight Tools. Coupon not valid on prior purchases. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in store, with your catalog order form or entered online in order to receive the offer. Valid through 10/25/10.

SUPER COUPON!

CHICAGO ELECTRIC POWER SYSTEMS

45 WATT SOLAR PANEL KIT

LOT NO. 90599

$159.99

REG. PRICE $249.99

SAVE $90

35485606

HARBOR FREIGHT TOOLS - LIMIT 1

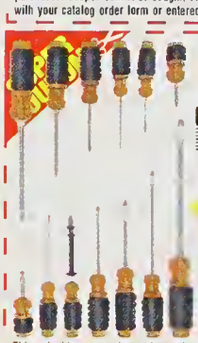
This valuable coupon is good anywhere you shop Harbor Freight Tools. Coupon not valid on prior purchases. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in store, with your catalog order form or entered online in order to receive the offer. Valid through 10/25/10.

SUPER COUPON!

13 PIECE SCREWDRIVER SET

Pittsburgh®

LOT NO. 1847



$4.99

REG. PRICE $11.99

SAVE 58%

Pittsburgh LIFETIME WARRANTY

61398855

HARBOR FREIGHT TOOLS - LIMIT 1

This valuable coupon is good anywhere you shop Harbor Freight Tools. Coupon not valid on prior purchases. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in store, with your catalog order form or entered online in order to receive the offer. Valid through 10/25/10.

SUPER COUPON!

CAMOUFLAGE 12 VOLT 3000 LB. CAPACITY WIRELESS REMOTE CONTROLLED PORTABLE WINCH WITH ROLLER FAIRLEAD

CHICAGO Electric Power Tools

$49.99

REG. PRICE $99.99

SAVE $50

LOT NO. 95912

94334091

HARBOR FREIGHT TOOLS - LIMIT 1

This valuable coupon is good anywhere you shop Harbor Freight Tools. Coupon not valid on prior purchases. Coupon cannot be bought, sold, or transferred. Original coupon must be presented in store, with your catalog order form or entered online in order to receive the offer. Valid through 10/25/10.

SAVE UP TO 80% TODAY – SHOP ONLINE at HarborFreight.com

Photos courtesy of N.C. Department of Cultural Resources

STRUTTING HIS TUBA STUFF *Mycal King, a tuba player with the Carver High School band from Winston-Salem, dances along Durham's Fayetteville Street in the annual Martin Luther King Jr. Holiday Parade. Corey Lowenstein*

CAPE MOON RISING *This image of the Cape Lookout Lighthouse was taken from the Diamond City region on the east end of Shackleford Banks during a kayak camping trip. The lighthouse has always been one of my favorite subjects; full moons are another. This photo allowed me to capture both subjects in the same frame. Miriam Sutton*

BACK WITH HIS GIRLS *SFC Roderick McNeil holds his daughters for the first time at the Asheville Regional Airport after more than 15 months in Iraq. He returned with the 210th Military Police Company of the N.C. Army National Guard in June 2004. Tech. Sgt. Brian Christiansen*

UNDER THE BRIM *Yair Garibay, 3, of Raleigh, wears a straw hat. He was visiting La Ley Festival in Cary in August 2008 with his brother and their guardian. Takaaki Iwabu*

Faces & Places OF NORTH CAROLINA

"Celebrate North Carolina: Faces and Places" is a photography exhibit traveling statewide. An initiative of the N.C. Department of Cultural Resources, arranged in cooperation with the Office of First Gentleman Bob Eaves, the exhibit of 30 images kicked off in March. It will be up in select public libraries and museums through Feb. 19, 2011. Each exhibit includes four images from winners at the 2009 North Carolina State Fair, eight images from the N.C. State Archives and 18 images from the N.C. Professional Press Photographers Association.

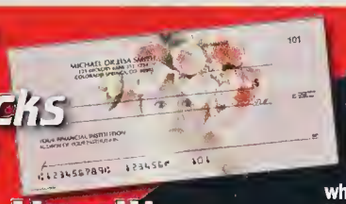
For additional information, call (919) 807-7389 or (919) 733-5612 or visit www.celebrate.nc.gov and www.ncculture.com.

Locations for July, August

Museum of the Cape Fear Historical Complex in Fayetteville and Transylvania Public Library in Brevard, from June 29 through July 20.

Craven-Pamlico-Carteret Regional Library in New Bern and Mauney Memorial Library in King's Mountain Aug. 14 through Sept. 2.

FREE Box of Checks
FREE Shipping & Handling
FREE Custom Lettering



CHECKS for only $5.50

- Order 4 boxes of checks and your 4th box is FREE!
- FREE Shipping & Handling!
- FREE Custom Lettering!

Join over 45 million Customers who've made Checks Unlimited their #1 choice for checks.

Limited-time offer—for first-time Customers only.

SAVE TIME!
Order by Phone
1-800-565-8332
Se habla español.

838 Tinker Bell 4 Designs
© Disney
Desk Sets, too!
Available in Side-Tear! #658

937 Mickey's Adventures 8 Designs
© Disney
Available in Side-Tear! #855

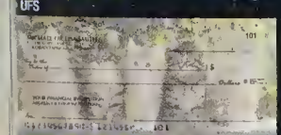
428 Winnie the Pooh 4 Designs
© Disney. Based on the "Winnie the Pooh" works by A.A. Milne and E.H. Shepard.
Desk Sets, too!

927 Disney's Pirates of the Caribbean © Disney 4 Designs

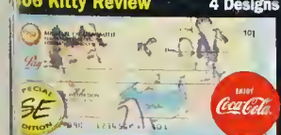
928 Disney Classics 8 Designs
© Disney

537 Disney Cars 4 Designs
©Disney/Pixar

26 Peanuts 4 Designs
UFS



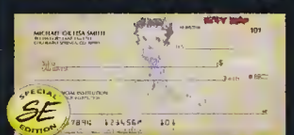
06 Kitty Review 4 Designs



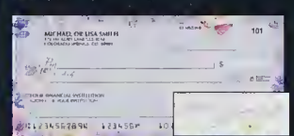
29 Coca-Cola® 4 Designs
2010 THE COCA-COLA COMPANY.

438 Floral Fairies 5 Designs
© Valerie Tabor Smith. Licensed by Art Impressions, Inc., Calabasas, CA

638 Botanical Silhouettes 4 Designs



534 Betty Boop™ - Just Say Boop
© 2010 King Features Syndicate, Inc./ 4 Designs
Fleischer Studios, Inc. ™Hearst Holdings, Inc./Fleischer Studios, Inc.

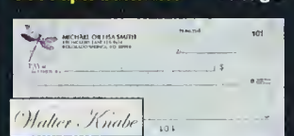


523 In Full Bloom by Kathy Davis 4 Designs
© 2007 Kathy Davis Designs, Inc. All rights reserved.

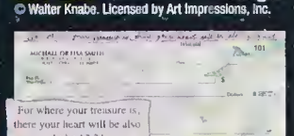
447 Hello Kitty® Classic 4 Designs
© 1976, 2010 SANRIO CO., LTD. Used Under License.

327 Harley-Davidson® 4 Designs
© 2010 H-D. All Rights Reserved.
Available in Side-Tear! #439

544 Paper Butterflies 4 Designs



557 Zen 4 Designs
© Walter Knabe. Licensed by Art Impressions, Inc.



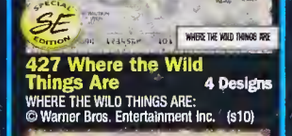
307 Beautiful Blessings 4 Designs
4 NIV Verses

436 Celebrate Earth 8 Designs
*SCOOBY-OOO, THE FLINTSTONES, YOGI BEAR, THE JETSONS: TM & © Hanna-Barbera. TOM AND JERRY: TM & © Turner Entertainment Co. (s10)

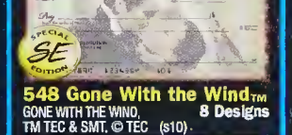
633 Looney Tunes 8 Designs
***LOONEY TUNES: TM & © Warner Bros. Ent. Inc. (s10)

724 Totally Tweety* 4 Designs

738 Scooby-Doo Mystery Inc.* 4 Designs



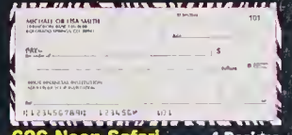
445 Taz* 4 Designs



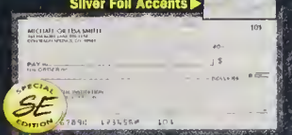
427 Where the Wild Things Are 4 Designs
WHERE THE WILD THINGS ARE:
© Warner Bros. Entertainment Inc. (s10)

548 Gone With the Wind™ 8 Designs
GONE WITH THE WIND,
TM TEC & SMT. © TEC (s10)

745 The Wizard of Oz™ 8 Designs
THE WIZARD OF OZ: TM & © TEC. Judy Garland as Dorothy from THE WIZARD OF OZ. (s10)



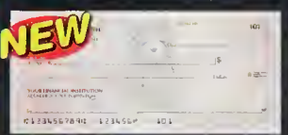
603 Earth Echoes 4 Designs



626 Neon Safari 4 Designs
Silver Foil Accents ▶

733 Slate 1 Design

839 Major League Baseball® 4 Designs
TM/© MLBP 2010
Astros shown
ALL 30 TEAMS AVAILABLE! Visit our website at www.ChecksUnlimited.com
29044 Astros 29013 Red Sox
29049 Cardinals 29014 White Sox
29024 Cubs 29019 Yankees
Not available in Puerto Rico



737 Teddy Bears 4 Designs

529 Barnyard Buddies 4 Designs
© The Zolan Company, llc.

Serenity by Thomas Kinkade 4 Designs
© 2010 Thomas Kinkade.
Check: 802 without verse
Check: 708 FREE verse in English
Check: 519 FREE verse in español
Available in Side-Tear (with verse) #926

3 EASY WAYS TO ORDER . . .

Special offer for first-time Customers only.

1. **PHONE** Quick and easy. *Call toll-free*
1-800-565-8332
Se habla español. 2-box minimum and processing fee will apply.
Mention code **G9GN** to receive this special introductory offer.

2. **INTERNET** SAFE SECURE SITE
www.ChecksUnlimited.com
See all of our great designs online!
After selecting your check design or accessory product, enter offer code **G9GN** and hit go. 2-box minimum

3. **MAIL** Send completed **Order Form**. Also include from same account:
1. **Payment Check** made out to Checks Unlimited.
2. **Reorder Form** from your existing check supply
OR a **Voided Check**. Note any changes.
Mail to: Checks Unlimited
PO Box 35630 Colorado Springs, CO 80935-3563

100% SATISFACTION GUARANTEED

This is a special offer for first-time Customers only. If you've ordered from Checks Unlimited before, call **1-800-204-2244** to take advantage of special offers exclusively for return Customers.

Based on a survey of mail order checks conducted by Equifax, an independent research firm. Direct Check Customers agree: Checks Unlimited #1 In Value, Selection, Quality & Service more than any other brand. An Equifax Research Study

Your checks should arrive in 2 - 3 weeks. Faster options available, including **In-Plant Rush!** Call for details.

Occasionally Checks Unlimited shares name, address, and other purchase information (not bank identifiers or account numbers) with direct mailers/catalog mailers providing consumer products/services or offering special promotions, and with non-profit organizations. If you do not want these mailings from other companies or if you would like to view our privacy policy, please call 1-800-565-8332.

Business and Computer Checks Available! Call for a FREE Brochure.

Protect yourself with *EZShield* Guard your checks from unauthorized use and safeguard your credit file with *EZShield* Check Fraud Protection and Identity Restoration. To learn more, visit http://partners.ezshield.com

CHECKS UNLIMITED® #1 for Checks Direct®

Images enhanced to show detail. © 2010 Direct Checks Unlimited Sales, Inc. NCMQ3

CHECKS UNLIMITED Order Form Offer expires July 15, 2011.

Check Design # **Check Start #**

MLB Team Name/Code *if applicable*

CHECK PRICES : MARK YOUR CHOICE(S) ☑ AND ENTER PRICE TOTAL BELOW
OFFER AVAILABLE TO FIRST-TIME CUSTOMERS ONLY

	1 BOX	2 BOXES	4 BOXES	
ONE-PART	○$11.99 $5.50	○$11.00	○$16.50	4th BOX FREE
DUPLICATE	○$15.99 $6.50	○$13.00	○$19.50	4th BOX FREE
SE ONE-PART	○$14.99 $5.50	○$11.00	○$16.50	4th BOX FREE
SE DUPLICATE	○$18.99 $6.50	○$13.00	○$19.50	4th BOX FREE

SIDE-TEAR CHECKS add $2.00 per box FREE 4TH BOX!
FOUR DESIGNS SHOWN ON THIS AD - SEE ALL SIDE-TEAR DESIGNS ONLINE!

CHECKS – PERSONAL DESK SET Free 4th box not available with Desk Sets. 6" x 2.75"+ stub.
TWO DESIGNS SHOWN ON THIS AD - SEE ALL DESK SET DESIGNS ONLINE!

	1 UNIT - 300	2 UNITS - 600	4 UNITS - 1200
ONE-PART	○$29.00	○$50.50	○$ 89.95
DUPLICATE	○$39.95	○$68.95	○$122.95

CUSTOM LETTERING: ○Arcade ○ARTISAN ○Calligraphy ○STANDARD (FREE) ○Contempo ○Script ○Windsor FREE $2.50

○ 18834 Burgundy Checkbook Cover LEATHER add $13.95
○ 66478 Burgundy Desk Set Binder BONDED LEATHER add $22.95

ADDITIONAL CHECK REGISTER #04924 $2.50 each

EZSHIELD CHECK FRAUD PROTECTION PROGRAM® $1.95 per box/unit

Enhance your protection by adding EZSHIELD IDENTITY RESTORATION PROGRAM® add $6.00 for entire order (EZShield Check Fraud Purchase is required)

SHIPPING & HANDLING Checks: ~~$2.95~~ per box/unit Covers: ~~$2.95~~ each FREE

FASTER PRINTING SERVICE — IN-PLANT RUSH $5.95

Save Time, Call NOW! 1-800-565-8332 SUBTOTAL

Sales Tax for delivery to: AR 6%, CO 2.9% and MD 6%

TRACKABLE-GUARANTEED DELIVERY $8.95
Recommended (trackable delivery after printing—checks only) Allow 7 to 11 business days for printing and delivery. No PO boxes. *Delivery times guaranteed in contiguous U.S. only.

kc: G9GN ob: JE38 TOTAL $

NAME

E-MAIL

PHONE ( )

Horn in the West

The Lost Colony

Montford Park Player

Our Outdoor Drama Season Heats Up

Each summer, the history and romance of North Carolina come alive on outdoor stages through action, drama and dance. Most of the outdoor dramas are historical dramatizations of an area's heritage but you can also see theater classics such as traditional Shakespeare.

North Carolina has 13 outdoor theaters, more than any of the other 36 states with outdoor dramas. The art form was born here with the production of "The Lost Colony" in Manteo in 1937. Last year, 152,841 people attended outdoor dramas in North Carolina, according to the Institute of Outdoor Drama in Chapel Hill.

The best single source for seeing when and what's available in outdoor dramas, not only in North Carolina but in other states as well, is through is the Institute's website below.

The list at right shows North Carolina outdoor drama performances planned for this month and August.

—Karen Olson House

Note: Three outdoor drama theaters held their performances last month and/or in May: The Collaborative Arts Theatre's Charlotte Shakespeare Festival in Charlotte; Walk in the Light Productions' "The Promised Land" in Bath; and Shakespeare on the Green's plays in Wilmington.

Institute of Outdoor Drama
Chapel Hill
(919) 962-1328
http://outdoordrama.unc.edu

Productions in July and August

The Amistad Saga: Reflections
The plight of a slave ship's captives and a mutiny that marked the beginning of the end of slavery in the United States. July 15–25
Raleigh, (919) 250-9336
www.aaccmuseum.org

First for Freedom
Celebrates events that led to the signing of the Halifax Resolves in 1776, the first formal declaration of independence from Great Britain by an American colony. Through July 10
Halifax, (800) 522-4282
www.firstforfreedom.com

From This Day Forward
The story of the Waldenses, a religious sect, their struggle to survive persecution in France and their arrival in North Carolina in 1893 to establish a colony. July 9–August 14
Valdese, (828) 879-2129
www.oldcolonyplayers.com

Horn in the West
Follows frontiersman Daniel Boone and mountain settlers as they struggle against the British militia in the southern Appalachian mountain region during the American Revolutionary War. Through August 14
Boone, (828) 264-2120
www.horninthewest.com

The Lost Colony
Depicts the valiant struggle of 117 men, women and children (who later disappeared without a trace) to settle in the New World in 1587. Through August 20
Manteo, (252) 473-3414
www.thelostcolony.org

Miracle on the Mountain
The story of Mary and Eustace Sloop, both physicians, who arrived as pioneers in Crossnore in the early 1900s and battled unhealthy local traditions but brought medical care and electricity. July 29–July 31
Crossnore, (828) 733-4305
www.crossnoreschool.org

Works of Shakespeare
Various and classic works by the famous bard. Through October 3
Asheville, (828) 254-5146
www.montfordparkplayers.org

Pathway to Freedom
The story of how anti-slavery North Carolinians and freed African Americans helped hundreds of slaves flee to the North, before the Civil War, via the Underground Railroad. Through August 20
Snow Camp, (336) 376-6948
www.snowcampdrama.com

The Sword of Peace
The conflict faced by the Cane Creek Society of Friends during the Revolutionary War when, as peaceful Quakers, they were forced to defend their basic tenet of nonviolence. Through August 21
Snow Camp, (336) 376-6948
www.snowcampdrama.com

Tom Dooley: A Wilkes County Legend
The 1868 Wilkes County love triangle that resulted in the murder of Laura Foster and the subsequent hanging of Tom Dulah (pronounced Dooley). Through July 17
North Wilkesboro, (336) 838-7529
www.wilkesplaymakers.com

Unto These Hills
The unique story of the Cherokee Indians, from Creation through the infamous Trail of Tears and into today. Through August 14
Cherokee, (828) 497-2111
www.cherokee-nc.com

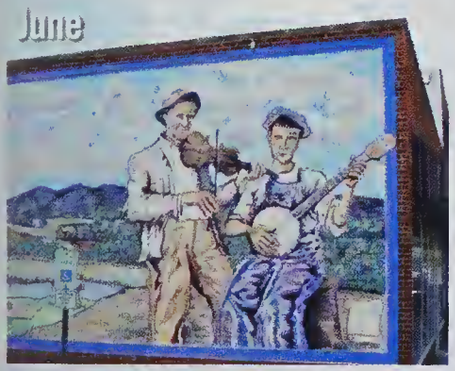
WHERE IN CAROLINA COUNTRY IS THIS?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by July 6 with your name, address, phone number and the name of your electric cooperative.

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

The winner, chosen at random and announced in our August issue, will receive $25.



June winner

More than 450 people from various parts of the state correctly guessed the location of the June photo, and many praised the town of West Jefferson in the process. It's a mural seen at Jefferson Ave. and Main St. on the wall of the Ashe County Chamber of Commerce, a building that once housed a drug store. Marianne DiNapoli Mylet's 1998 "New River Traditions" mural includes scenes of the famous Virginia Creeper train as well as two musicians and the river. Ashe County Arts Council worked with West Jefferson Revitalization Committee to commission 14 murals in the town Arts District. The Ashe Chamber will give a gift bag to the winner chosen at random, Angie Simmons of Morganton, a member of Rutherford EMC, who also will get our prize of $25.

The MONTGOMERY

The CONCORD

CUSTOM HOMES ON YOUR LOT • OUR PLAN OR YOURS

Can't get a construction-perm loan? You don't need one with Madison. Plus, we pay closing costs!

YOU SAVE THOUSANDS

Madison Homebuilders
Charlotte, Conover & Columbia

For A Free Brochure With Floor Plans, Call Us Or Visit Our Website

Charlotte, NC	Conover, NC	Columbia, SC
1-800-957-9304	1-866-847-6815	1-888-745-1011

www.madisonhomebuilders.net

Gleaning for Others

Where fresh food does not go to waste

Text and photos by Hannah Miller

The five men and one woman bent over rows of Haywood County peppers one bright morning last September were working so that others living near them might eat. As the sun shone on Cold Mountain looming above them, these volunteers for the Society of St. Andrew picked bucket after bucket of ripe bell peppers, a total of 48 bushels by the end of the morning.

"Bill Bumgardner and Johnny Rose got me into this," said retired waitress Jean Nunnery of Canton, referring to a fellow picker and an absent friend.

But there was seriousness, too. "I just like to help people," said Joe Cassada, retired as a North Carolina Department of Revenue officer for Haywood and Jackson counties. "I think that's our mission in life."

The pickers, all Haywood County retirees, were part of the national Society of St. Andrew's ongoing effort to gather produce left in fields after commercial harvest. What volunteers pick goes to feed the hungry in their areas.

In North Carolina in 2008, 689 farms hosted 11, 270 gleaners, who picked 4.7 million pounds of produce ranging from beans to berries. Another 1.3 million pounds, largely potatoes, was contributed in truckloads by farmers clearing their warehouses or seeking an outlet for unsold goods. Farmers get a state tax credit for food donation, but more importantly, says Western North Carolina coordinator Bill Walker, their generosity "helps a lot of people."

In Haywood County that day, pickers besides Walker, Nunnery, Cassada and Rose included Fred Russell of Canton, retired from a manufacturing company, and Charles Williamson, director of faith-based nondenominational Rose of Sharon Mission. The mission truck, parked at the end of the rows while the gleaners picked, would take the day's haul to its Canton warehouse for distribution to individuals and hunger-fighting agencies.

Plates filled by the gleaners frequently include those of children at Broyhill Homes in Canton, homeless people served by the Open Door organization in Waynesville, diners at local churches' Community Kitchen in Canton, and food-bank clients of Haywood County Christian Ministry as well as Rose of Sharon.

The pickings were good that September morning in Haywood EMC member Skipper Russell's field. Rose of Sharon's truck driver, retired electrician Eddie Smathers, repeatedly emptied ¾-bushel buckets loaded with peppers into the truck's bins. "We can fill a basket here in 15 minutes," observed Rose.

"A lot of people need it"

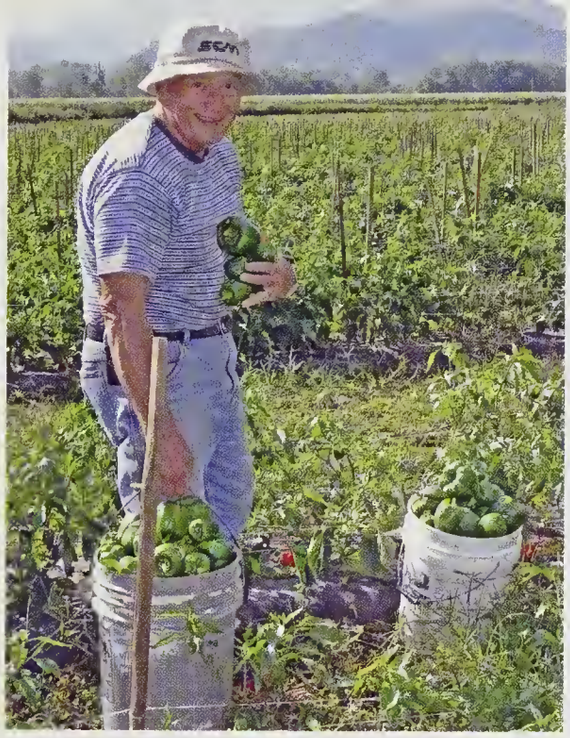
The gleaners had earlier picked cucumbers at the nearby Sandy Bottom Farm owned by Tom Clark, a Haywood EMC member. "We let some of my pickers go in and help," said Clark, who was hosting them for the first time.

They were also looking forward to coming back to pick tomatoes at Russell's "if the frost will hold off," said Walker. "Skipper Russell has been so good to us."

Russell, interviewed in his fields, explains that "I'm not one to waste food. It kills me to see produce go to waste if somebody can use it." And, he says, "With the economy the way it is right now, I know there are a lot of people really needing it."

Russell, who ships to grocers and wholesalers as Seasonal Produce Farms in Waynesville, says commercial harvest isn't feasible by the time the gleaners come. "When it's about picked over, the quality is not as good. The market declines. This time of year, the migrants are going to Florida. Plus, we've got the threat of frost."

At The Orchard in Altapass, alongside the Blue Ridge Parkway in Spruce Pine, owner Bill Carson invites the gleaners to pick up fallen apples as soon the autumn color show subsides. He sells his apples through his on-site



Fields of Hope

At Fields of Hope, the Mars Hill farm of French Broad EMC members A.C. and Susie Honeycutt, everything grown is given away.

In 2009 that was more than 83,000 pounds of corn, beans, potatoes, cabbage and several other vegetables. It went to their fellow western North Carolinians, through hunger-fighting agencies like Asheville-based Manna FoodBank.

At one place that Manna delivers to, says A.C. Honeycutt, there were 150 families waiting one day for the truck to arrive. "The hunger need here is huge."

A regional manager of commercial banking for First Citizens Bank in Asheville, Honeycutt grew up on a farm and once ran a Christmas tree and shrubbery nursery. "I do most of the tractor driving," he says. Susie, retired from a teaching career at North Buncombe High School, organizes the volunteers, who come in droves to harvest after the Honeycutts have tilled, planted and cultivated the five acres of bottom land loaned to them by another French Broad EMC member.

Honeycutt says: "We have youth groups, college students, high school students, lots of people from our church (Mars Hill Baptist), friends, people passing by and seeing the sign we have up and saying, 'What are you doing here? We'd like to get involved.'"

The Honeycutts started Fields of Hope three years ago when, realizing how their own lives had been blessed, they sought a way to help others.

Now, he says, they know that "Today, tonight, tomorrow, there will be food on people's tables that would otherwise be going hungry."

ift shop/snack bar/country music hall
nd says that when the fall colors fade,
o do sales. "So we're very happy to
nd uses for our apples," says Carson, a
ıember of Rutherford EMC.

Whether picking from bushes or
n orchard floor, the gleaners feel the
'fort in their muscles. At the end of
ıe day, admits Cassada. "You're tired.
hat's for sure."

But they also feel it in their hearts.
enjoy it," says Nunnery. "It's just
:lping."

"Pays good," quips Rose. "(You) get the
:avenly blessing. Seems like the more we
ck, the more He blesses us."

ınnah Miller is a Carolina Country
ıtributing writer who lives in Charlotte.

Photos, left to right: *Jean Nunnery of Canton goes pepper picking in Skipper Russell's field in the Bethel community near Canton.*

Left behind at the end of the season, these peppers will help fill somebody's plate.

Cold Mountain looms in the background as Joe Cassada manages his overflowing buckets.

Fresh-picked peppers wait in the field to be loaded on Rose of Sharon Mission's truck.

Cold Mountain looks down on the Haywood County pepper field where Society of St. Andrew gleaners gather food for the hungry.

Want to Help?

Society of St. Andrew
Eastern N.C.
Kate Pattison, (919) 683-3011
Email: sosanc@endhunger.org

Western N.C.:
Marilyn Marks, (704) 553-1730
Email: sosawnc@endhunger.org

Fields of Hope
Phone: (828) 768-5149
Email: honeycuttfarms@yahoo.com

Renee Parker says, "We're raising animals in a way that's healthy for them and healthy for people."

Pigs in the Pasture

Text and photos by Sidney Cruze

Life at Parker Family Farms follows a rhythm that has all but disappeared from rural North Carolina. The family of six lives in northern Orange County, on 19 acres they share with 125 pigs, 250 chickens, some cows and a goat. Days are filled with schoolwork and farm chores. The animals need year-round care, and crops get planted in the spring. Then the tobacco harvest starts in late July, lasting until early fall, when it's time to get fields ready for the next year.

At a time when North Carolina is losing scores of family farms every year, the Parkers plan to be on their land for a long time. They hope to save their farm—and their agricultural heritage—by raising pigs and chickens in their pastures.

Renee and Randall Parker are familiar with farm life. Both grew up on Orange County farms, helping their families grow tobacco. They started Parker Family Farms in 1992, when Randall started planting tobacco on his father's land, where they live today. Since then they have continued to grow tobacco—and to pay close attention to the changes brought by buyouts and business closings.

"Eventually we decided it was time to try something else." Renee says. "Every year, our kids show livestock at the Central Piedmont Jr. Livestock Show in Hillsborough, and we've always enjoyed their projects. Our oldest daughter loves pigs, so we decided to look into pasture-raised pork."

In 2005 the Heifer Project gave the Parkers six unbred sows, called gilts. Heifer is a giving program, so the Parkers gave six gilts back to Heifer after breeding the pigs. They also joined NC Choices, a marketing program that helps independent hog farmers sell their products across the state.

Founded by the Center for Environmental Farming Systems (CEFS) in 2006, NC Choices has about 30 member farmers today. All of them produce pork from pigs raised on pasture or in straw beds, without the use of antibiotics or hormones. These farmers work to provide a high quality of life for their animals, and many, including the Parkers, have earned certification from the Animal Welfare Institute.

Living the good life

The Parker pigs live outside in 12 paddocks, where they can root in the woods, build nests for their babies, and feed on fescue and clover. Each of these small fields has a sun shelter and a mud-filled wallow where the pigs can cool off.

When Renee first researched the pasture-based system, she was glad to see how the ground cover prevents erosion, making it better for the land. After using the system on her farm, she realized it also makes a dramatic difference in her animals' quality of life.

The Parkers' profits from pork sales are small but steady. They added a flock of laying hens, so they now offer eggs, as well as sausage, bacon, ribs, pork chops and pork roast.

Research shows that more than 70 percent of U.S. consumers want food that is raised locally, and most are willing to pay more to get it. The Parkers sell their products online, through farmers' markets, to Whole Foods and Weaver Street Market.

Raising pigs this way has changed the Parker kids, too, Renee says. "They might get angry, but they don't hit or slap the pigs. And they don't let others do it either." And she adds, "We hope they'll take over the farm one day."

Sidney Cruze is a Carolina Country contributing writer who lives in Durham.

Served by Piedmont EMC

Parker Family Farm
8015 Tilley Road
Hurdle Mills, NC 27541
(919) 636-2182
www.rparkerfarms.com

Nutrisystem® D

CLINICALLY TESTED TO HELP YOU **LOSE WEIGHT**
WHICH HELPS **LOWER BLOOD SUGAR**
AND **CONTROL TYPE 2 DIABETES**

"Nutrisystem® D™ not only saved my life—it gave me life!"

As long as I can remember, my friends and family have called me "Big Mike"...just a nice way of saying "Fat Mike." **What they didn't know was that I was slowly killing myself:** I was suffering from type 2 diabetes, high blood pressure and high cholesterol. **My doctor's answer was simple—lose weight.**

I tried every fad diet, and I always finished heavier than when I started. After seeing some commercials and doing research, I decided to give Nutrisystem D a shot. I found out that **the menu is huge, the choices are endless, and the food is absolutely delicious!**

Once I started Nutrisystem D, there was no looking back. "Big Mike" was in the rearview mirror and fading fast!

With Nutrisystem D, **I lost 106 lbs.* and went from a size 42 waist to a 34***—can you believe it? But the best part is I'm a new person. **Losing weight with Nutrisystem D helped me get healthier:** My blood glucose is under 100 and my AIC under 7.* I really believe that Nutrisystem D not only saved my life, it gave me life!

— Mike, lost 106 lbs. on Nutrisystem D*

EAT FREE FOR 4 WEEKS!

That's An Extra 28 Breakfasts, 28 Lunches, 28 Dinners and 28 Desserts FREE†

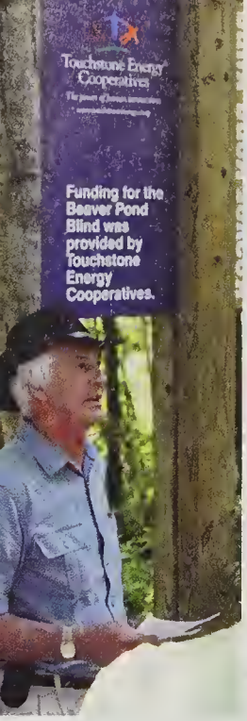
Call **1-888-802-4YOU (4968)** or click **nutrisystem.com/ncc110**

MONEY BACK GUARANTEE!

Try our food! If you don't like it, call within 7 days of receipt of your first order and return the remaining three weeks of food for a **FULL REFUND** of the purchase price, less shipping. Call or see website for details.

†Offer good on new 28-Day Auto-Delivery programs. Offer not valid on Flex and Select (fresh-frozen) programs. Free shipping to Continental U.S. only. One additional free week of food will be included with each of your first four consecutive 28-Day deliveries. With Auto-Delivery, you are automatically charged and shipped your 28-Day program once every 4 weeks unless you cancel. You can cancel at any time by calling 1-800-727-8046, however for this offer you must stay on Auto-Delivery for at least four consecutive 28-Day program deliveries to receive all four free weeks of food. Other restrictions apply. Call or see website for details. Cannot be combined with any prior or current discount or offer. Limit one offer per customer. ©2018 Nutrisystem, Inc. All rights reserved.

*In a 3-month clinical study, Nutrisystem D participants lost an avg. of 18 lbs., lowered their fasting blood sugar levels from 149.5 to 115.2, and lowered their AIC by 0.9%. Individuals are remunerated. On Nutrisystem you add-in fresh grocery items.
Nutrisystem D is a comprehensive weight loss program. It does not treat, cure or prevent diabetes, and is not a substitute for diabetes medications. Consult your physician before starting this or any weight loss or exercise program.



Where the *Crested Screamer* Meets the Whistling Duck

A world-famous waterfowl breeding and learning center in Halifax County shows the meaning of preserving wildlife habitat

By Michael E.C. Gery

Puna teal, rosybill pochard, Coscoroba swan, masked lapwing, red-crested wood partridge, Stanley crane, whooping crane, lesser flamingo, greater white-fronted goose, white-faced whistling duck, crested screamer. You have never seen so many different waterfowl and wetland birds in one place.

Not only can you and I see these birds at Sylvan Heights Waterfowl Park & Eco-Center in Scotland Neck, Halifax County, but so can the world's most important avian scientists, breeders, zookeepers and researchers who come to learn what goes on here.

America's zoos rely on the birds that come from Sylvan Heights. More than 210 species of birds from all over the world breed and grow up here, including some that Sylvan Heights has saved from near extinction. Because of his uncanny ability to raise and sustain waterfowl, internationally famous aviculturist Mike Lubbock and his wife, Ali, have more than 3,000 birds here in Scotland Neck, the world's largest collection of waterfowl.

But this is more than a showcase and breeding center for exotic birds that go to zoos. It's more importantly a learning center where leading professionals and local visitors alike can understand the nature and need for birds. As he tromps along the park's pathways and observes its activity, Mike Lubbock points to the surrounding wetlands and woods: "We bring people to their own wilderness and teach about the habitat that allows birds and all the wildlife and plant life to live with us. You don't have to build a museum to see and enjoy wildlife. You have to preserve their habitat."

New this year at the 18-acre park is the Beaver Pond Blind, funded by the Touchstone Energy Cooperatives of Eastern North Carolina. At the end of an elevated boardwalk, the building, a European design, allows you to observe at eye-level the surrounding wildlife without the birds, mammals, amphibians and insects seeing you. Out there in the stream and swamp and woods you can see beaver, muskrat and mink, even a nesting green heron or kingfisher tunneling into a bank.

Nearby is the recently completed Bird's Nest Treehouse, a roofed observation platform—wheelchair-accessible—overlooking a sylvan scene that has inspired some to be married here.

The buildings, ponds, pathways and other features at Sylvan Park were built entirely by the staff, helpers and volunteers—one reason they all have grown so close to the place. A restroom area, for example, is not simply a pair of bathrooms. In its foyer are displays of live blue poison dart frogs, carnivorous plants and a hive of honeybees you can see working behind glass.

A very active aspect of Sylvan Heights is its educational program, designed for different age ranges. School, church and camp groups from all over come here so their students can see and do things they likely have never seen or done before, and won't soon forget.

Following celebrated accomplishments in his native England, Mike Lubbock designed and managed private flocks and farms in the U.S., including one he built with a partner in Sylva, in the western North Carolina mountains. A determined visitor there was William "Toad" Herring, a woodsman and waterfowl hobbyist from Scotland Neck. When he learned the Lubbocks were looking for a place in eastern North Carolina with good water, Toad and his wife Hanna lured them to a farm near his. As they looked favorably around the woods in 1988, a massive oak collapsed nearby, the "sign" that Mike says he needed to move his operation here.

Now officially in its fourth year, Sylvan Heights has an operational partnership with the N.C. Zoological Society, and has eight corporate sponsors including Touchstone Energy cooperatives, and more than 700 supporting members.

Sylvan Heights Waterfowl Park
1829 Lees Meadow Rd.
Scotland Neck, NC 27874
(252) 826-3186
www.shwpark.com
Closed Mondays
Admission fee

Operate a portable generator safely

You can use a portable generator to supply electricity to your appliances if an emergency exists during a power outage. But if used improperly they can kill you and the people who are restoring power to your building. They also can damage the appliances you connect.

Home emergency generators are usually powered by gasoline, which itself is dangerous and must be properly handled.

Generator sizes vary. Units capable of handling from 3,000 to 6,000 watts (including starting surge requirements) that can power multiple "survival" appliances such as a refrigerator, sump pump and furnace fan cost from $500 to $2,000. Units putting out 7,000 to 9,000 watts can power a few rooms (not including a central air conditioner) and cost from $1,000 to $2,000. The bigger generators for 10,000 watts or more can power a small house and cost $3,000 and up.

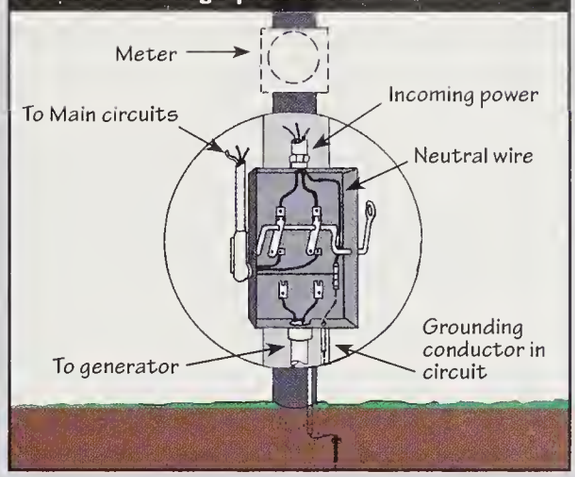
Connecting a generator to the main electrical supply for your house requires the services of a qualified, licensed electrician. Installing the connection and switch (as explained at right) can cost $600 to $1,000.

Before connecting the generator to your household circuit, notify your electric cooperative.

WARNING: If you connect a portable electric generator to the main electrical supply coming into the house, the electrical generator could feed back into your electric cooperative's system and electrocute workers who are repairing the electrical lines.

To avoid back-feeding of electricity into utility systems, you must have a qualified, licensed electrician install a double-pole, double-throw transfer switch (see illustration) between the generator and utility power in compliance with all state and local electrical codes. (A minimum of 10-gauge wiring must be used.)

Typical Double Pole, Double Throw Transfer Switch for 120/240-volt single-phase service



If you do this	This could happen	Unless you prevent it
Fail to ground the generator's electrical system adequately.	Entire generator could become electrically charged and cause electrocution.	Make sure that the unit is connected to an appropriate electrical ground, in accordance with the National Electric Code. Follow instructions supplied with the generator.
Operate generator in rain, wet, icy or flooded conditions.	Water conducts electricity. If water comes in contact with electricity at the generator's frame and other surfaces, it will cause an electrical shock to anyone touching them.	Operate generator in a clean, dry, well ventilated area. Make sure your hands are dry.
Tamper with factory set engine speed settings.	Tampering with the engine speed adjustment could result in overheating of attachments and could cause a fire.	Never attempt to "speed-up" the engine to obtain more performance. Both the output voltage and frequency will be thrown out of standard by this practice, endangering you and the attachments.
Operate a generator in an enclosed space without ventilation.	Obstructing ventilation causes overheating and possible ignition of the materials. You will produce toxic carbon monoxide exhaust fumes from the engine. Breathing exhaust fumes will cause serious injury or death.	Operate generator in a clean, dry, well ventilated area. Keep objects away from unit during operation. Do not operate unit in a confined area, such as garages, basements, storage sheds, etc., which lack a steady exchange of air. Never operate unit in a location occupied by humans or animals. Keep children, pets and others away.
Overload or exceed the rated capacity of your generator.	You can cause serious damage to your appliances and the generator.	List all appliances that are going to operate at the same time. Then determine the starting wattage requirements and the running wattage requirements. The starting load lasts only a few seconds but is very important when figuring your total wattage. Your generator must be rated to handle the total wattage. Refer to the owner's manual and calculate wattage requirements correctly.

Creative ideas for your Homegrown Tomatoes

With July comes the march of fresh, homegrown tomatoes. There are few things more delicious, but both novices and expert gardeners can run out of ideas for using their luscious garden prizes. Here are some creative uses for summer tomatoes:

Salsa

For a simple salsa, start with the basics and chop up some of your fresh tomatoes; add onion, garlic, cilantro, and jalapeños. Now try adding new ingredients like corn, black beans, or even raspberries.

For a different treat, add mashed avocado to your basic salsa for a chunky California-style guacamole.

Soup

For delicious tomato-basil bisque, cut up your freshly grown tomatoes and remove the seeds. Add them to a pot with diced onion, carrots, garlic, a little vegetable broth, and lots of fresh basil. Allow to simmer for about 20 minutes and then use a hand blender to puree. Add a little milk to the pot for a creamier soup.

Prefer chili instead? Add some chili powder and bell peppers instead of the basil then, after blending, toss in a can or two of beans. Use two types, like cannellini and kidney, for added color and texture.

Pizza

For homemade pizza, you can use nearly anything for a crust. Kids may enjoy making individual pizzas using bagels, English muffins or slices of bread. Flat breads and wraps work, too. Once you have selected your crust, brush with a little olive oil and toast in a 400-degree F. oven for a few minutes. Remove the crust from the oven and start creating.

For sauce, try pizza sauce, salsa, pesto, BBQ sauce, or just some chopped fresh tomatoes.

Add whatever you desire–pepperoni, grilled chicken, onions, basil, peppers, mushrooms, olives, pineapple, roasted vegetables or spinach. You can top with cheese like grated parmesan, crumbled feta or blue cheese, fresh mozzarella and provolone. Pop your creation into a hot oven and bake for about 8–10 minutes or until the cheese melts and bubbles.

Beyond the BLT

Sandwiches don't have to be boring. Use a panini press or grill to liven things up.

Bread—a thickly sliced multigrain, a loaf of freshly baked Italian bread, an 'everything' bagel, or even pita bread can make your sandwich more appealing.

Bacon—Try thickly sliced peppercorn bacon, ham, salami, roast beef or turkey. For more variety, substitute fresh mushrooms or a slice of fresh mozzarella cheese.

Lettuce—Or maybe you would prefer spinach, basil, grilled vegetables, hot peppers or sprouts?

Tomato—Try seasoning it with salt and pepper before adding.

Mayo—You could also try hummus, dressings (ranch, thousand island, or Italian), spicy mustard, sweet pepper relish, BBQ sauce or even marinara.

Source: Family Features.com

Pick 'em when they're pink

Some people think you should pick tomatoes off the vine when they're dark red. Not so. If you pick them while they're pink, the vine can pass nourishment on to younger tomatoes. The ones you picked will ripen indoors. For more tips, as well as videos on growing tomatoes, visit Scotts MiracleGro at www.scotts.com and type in "tomatoes."

Protecting pets from fleas and ticks

Photo Courtesy of PetSmart

Warm weather brings sunshine but also a more sinister visitor, the threat of fleas and ticks to your pets and home. Fleas may cause severe itching, which lead to sores if left untreated and they can carry tapeworms that can be transmitted to your pet.

A flea infestation can happen quickly and easily, and once your pet is infested, it is likely your home is as well. And while ticks won't multiply like fleas, they do carry diseases.

Prevention

By taking simple preventive measures, your pet and your family can have a happier summer.

- Vacuum your home often, paying close attention to where your pets like to sleep. Be sure to wash their bedding on a regular basis.
- Ticks are most commonly found in grassy or wooded areas, so cut back any tall grass around your house. Check your pet closely for ticks after activity in heavily vegetated areas.
- Groom your dog frequently to check for fleas and ticks.
- Use topical adulticide and insect growth regulator (IGRs) products. Adulticides are compounds that kill and repel adult fleas, ticks and other insects. IGRs mimic a naturally occurring insect hormone that interferes with normal flea development, preventing immature pests from becoming adults. By killing flea larvae, you break the life cycle helping to prevent infestations.

"This last step is the most effective in ongoing protection against fleas and ticks, and now it's even easier for pet parents to protect their pets because of an increased availability of products," said Dr. Robyn Jaynes, veterinarian for PetSmart. Products like Advantage Topical Solution and K9 Advantix used to be available only through a veterinarian, but are now sold online and at stores such as PetSmart.

Treatment

If your pet has fleas, it's important to treat your pet, your house and your yard.

- Start by bathing your pet with a flea shampoo. These special shampoos contain ingredients that will kill adult fleas in your pet's coat but generally do not keep fleas from coming back.
- Following the bath, apply a topical adulticide. All pets in the house should be treated with the topical products to ensure fleas do not just transfer from one pet to another.
- Clean your pet's favorite hangouts and launder its bed. Consider a professional fogger in each room.
- Use professional, concentrated yard sprays, many of which attach easily to the end of a garden hose for application. It's especially important to spray moist and shaded areas of your yard.

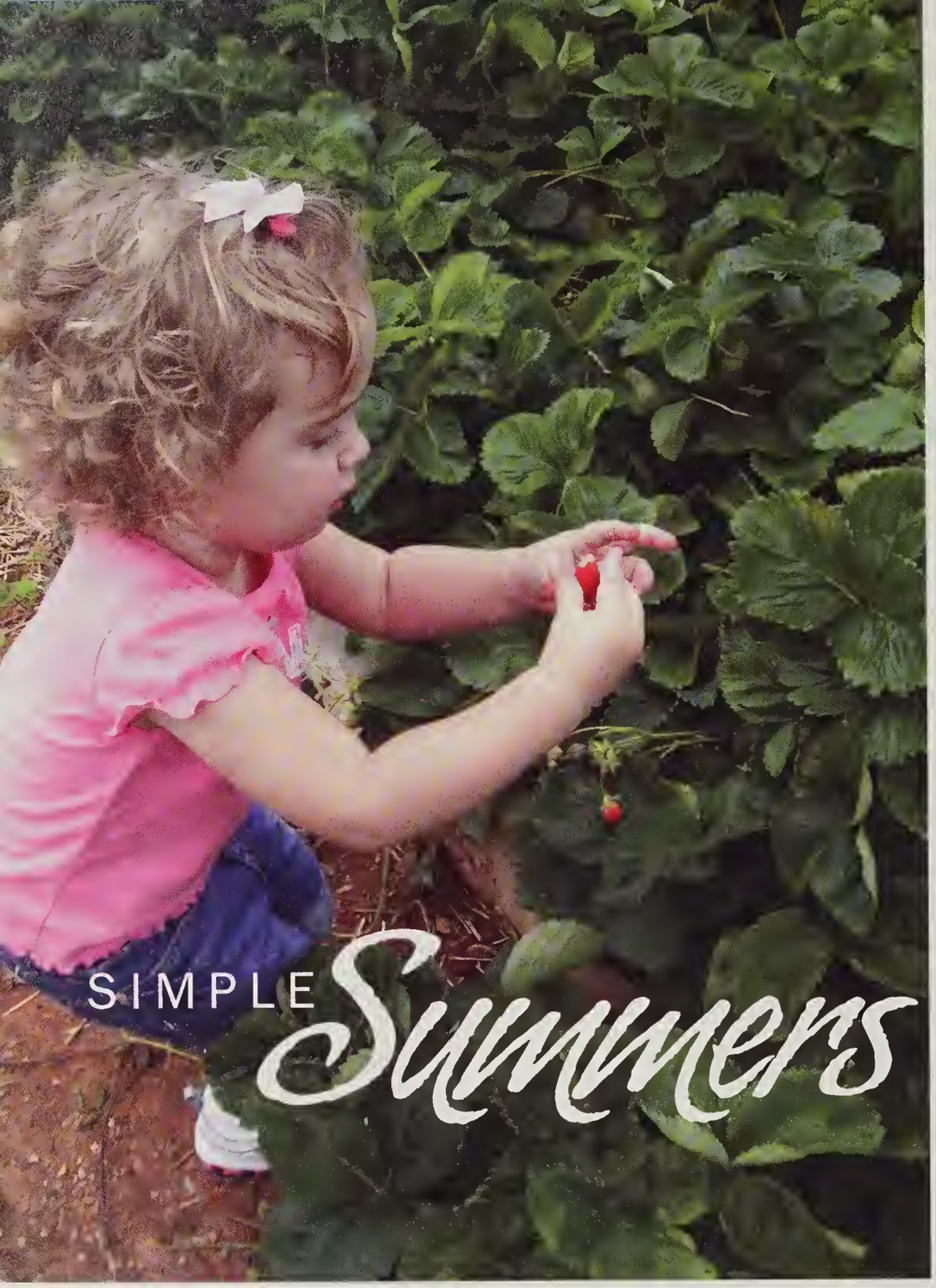
Tick removal

It's best not to remove a tick with your bare fingers. Instead:

- Try using an alcohol swab to irritate the tick, then grab it with tweezers where the mouth enters the skin and with a slow steady pull, remove the whole tick without twisting it as you pull.
- Be sure to deposit the tick in alcohol to kill it.
- Clean the area with a disinfectant, apply a topical antibiotic and wash hands thoroughly.

Whatever treatment you choose, make sure you read all directions carefully. Ask your veterinarian if you need further instruction for a product. And never use a dog product on a cat or vice versa.

Source: Family Features.com



SIMPLE *Summers*

Frank and Kathleen Sprinkle's great-granddaughter, Westyn, will be 2 in August. This summer is the first time she has picked strawberries at Pa's.

By Amy Sprinkle

I have lived in Dobson, Surry County, all my life. I grew up less than a mile from the city limits, but even today we are still in the country.

I have seen many wonderful "pillars of the community" and "salt of the earth" neighbors over 40 years, but none quite lived up to my parents.

Recently, however, that has changed.

For so long I have compared other families, friends and neighbors to the straight-road way of life my mother and father paved for me from childhood. Nothing compared to the simple life they lived and taught to others.

Those simple summer evenings with the smell of fresh-cut grass, a cooler breeze flowing through the oaks. If you close your eyes, you can smell the Sweet Bubby Bush at the corner of the porch.

Mother always cut patterns and sewed her own clothes. There was always enough left for me to have a new skirt, blouse or "culottes." She would work all day at the local rest home, come home and garden a half-acre of vegetables and get them canned, all before suppertime. How she did it, I can only guess. With the Good Lord's help, I imagine.

My father, John Henry Wright, was a third generation Baptist minister from Mountain Park, here in Surry County. He was humble and funny. He always made time for anyone. He didn't live life the way he wanted, but instead he let life live through him. He told me one time that he didn't know why life had led him where it did, so he thought he should give someone else a word of encouragement every chance he could. He lived each moment. When he would see an old friend he hadn't seen in a while, he saw that there was a reason for it. God must have planned it. It will be five years ago this June 30, 2010. I miss him greatly.

Well, I finally realized that two people I met four years ago fill the mold of my mother and father. They are God-fearing, family-loving, simple-living, earth-friendly people: my father-in-law and mother-in-law, Frank and Kathleen Sprinkle. They have been married 55 years and have always lived here. Frank was a state advisor in the Surry County Agriculture Department. Kathleen helped him on the hog farm, one of the largest in the state in the late 1970s. They had two wonderful daughters and a very sweet son, my husband, Don. They managed hayfields for their cattle and a homestead.

Frank has always grown a garden with the tube watering system under plastic. He also has raised beds for his other delicate vegetables. This garden is a strawberry lover's delight: huge berries hanging above the ground on a raised bed inside railroad ties. Every berry is sweeter than the last, never any dirt on them. You can eat them right from the vine. You won't find chemicals on these fruit. I don't think Frank's conscience would allow him to spray them.

I will always be grateful for this family and what they have done for our community.

Advertisement

How I Kicked the Mascara Habit

Say goodbye to the mess and misery of mascara and hello to luxuriously longer-looking lashes in as little as 2 weeks!

By Isabelle Busse

As long as I can remember, I've wanted longer, more glamorous eyelashes. Mine always came up short. I was forever jealous of my girlfriends, every one of them seemed blessed with long, dark and flirty lashes. Oh well, I thought, at least I have mascara.

Of course, I brushed on the black stuff for years hoping it would give my eyes that fabulous flutter that came so naturally to everyone else. What I got was smudges, flakes and smears. I was fighting a losing battle.

But then I found Lashatone™.

Wake Up to the Lashes of Your Dreams!

Now that I've found a way to enhance the beauty of my own natural lashes, I've fallen back in love with my eyes. I feel more confident and beautiful than ever, and the compliments keep coming. And the real luxury of Lashatone is that it's ***effortless***. Within weeks I was waking up to visible results! Now I can face the morning mirror with luxurious lashes that look absolutely fabulous...without a drop of makeup! And best of all, no one knows my secret. My lashes look spectacular. And everyone thinks I was born with these beautiful eyes. No more clumps or black eyes.

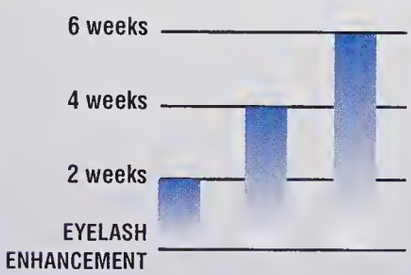
The Luxury of Lashatone™

"Lashatone™ has made such a difference for me. My lashes appear longer and thicker and I feel so much more confident and beautiful."

— Samantha S., Chicago, IL

Effortless Natural Beauty

Lashes appear longer in as little as 2 weeks with even more impressive looks after 6 weeks



Thanks to Lashatone, I have longer, fuller-looking lashes and I'm finally free of all that mascara misery!

Fabulously Flirty Eyes That Get Noticed

Lashatone is a new breakthrough eyelash enhancer that will make your lashes appear thicker, fuller and longer. Dangerously sexy. Fabulously flirty. And 100% you. It can give you that same mascara-lengthening look without the mess. And with Lashatone, you can even start seeing results in as soon as two weeks!

The Science of Natural Beauty

Lashatone is a unique blend of scientifically-proven ingredients created to help improve the appearance of your lashes using triple-function technology to amplify the look of lash length, thickness and volume with a proprietary peptide complex. Vitamins and botanicals nourish lashes from the base up and moisturize the skin for maximum hold. Most importantly, Lashatone is safe and 100% drug-free! Plus it comes in a proprietary pen brush that measures out the perfect amount every time...GUARANTEED!

Not Available in Stores

You won't find Lashatone behind the counter at high-end cosmetic boutiques and certainly not on drugstore shelves. It's only available in limited quantities direct from the laboratory. To ensure its integrity, Lashatone is produced in small batches using our unique formula of scientifically-proven ingredients. If you're truly serious about getting the lashes of your dreams, take the first step now and call the number below.

Seeing Is Believing— 30 Day Risk-Free Trial

The makers of Lashatone are so confident in the lash enhancing benefits of Lashatone they want to offer you a 30-day supply Risk-Free, so you can experience the results first hand.... because seeing is believing! But this offer is limited, so you must call today to get your supply of Lashatone Risk-Free. If you're not 100% satisfied with the results, simply return the unused portion (less shipping and processing). This is a limited time offer and when supplies are gone, they are gone!

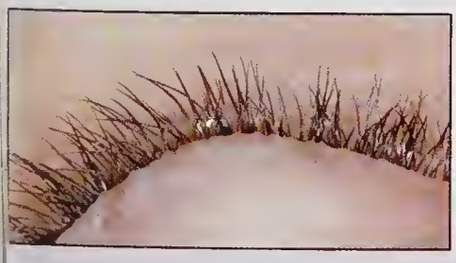
LASHATONE
FOR LONGER & THICKER LOOKING LASHES

Call 888-764-6258 Today to Get Your Risk-Free Trial of Lashatone

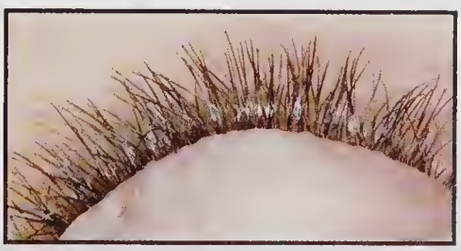
Mention Promotional Code LT100008

Can LASHATONE Make a Difference?

In as little as just 2 WEEKS, you could dramatically enhance the appearance of your natural lashes!



Before Lashatone



After 6 Weeks

*Results may vary.

Without Fear

Why the multi-talented, legendary Plott hound is North Carolina's official state dog

By Bob Plott

Even though the Plott hound is the official North Carolina state dog, with its own state highway historical marker and a museum exhibit traveling the state, many North Carolinians have never heard of them. After all, there are scores of fine hunting dog breeds all over the Tar Heel State—and there have been for years. What sets the Plott breed apart from other notable hunting dog lines?

Qualities such as tenacity, courage, speed, athleticism, heart, nose, loyalty, and most of all, intelligence, are common words used to describe the virtues of these brindle-colored hounds. Pulitzer Prize-winning author Cormac McCarthy says simply, "They are just without fear." And there is absolutely no doubt that these attributes have all contributed to the Plott hound being recognized as arguably the premier hunting dog in the world today.

A good argument could be made that the multi-purpose capabilities of these canines—hunter, herder, tracker, pet and protector—set them apart from all others. I agree with that assessment. However, I would add that it is the origin and evolution of the breed that truly make it unique. It is a story that is classic Americana and a tale with roots that run deeply in Tar Heel soil.

The story begins in 1750 when two young German immigrant brothers—Johannes and Enoch Plott—left their homeland in search of a better life in America. The teenage Plott brothers were sons of a Black Forest gamekeeper. Some historians speculate that the Plott boys may have actually been contracted as hunters to provide meat for the Swiss-German settlement of New Bern, N.C.

Plott family history maintains that the boys left Rotterdam, Holland, on a ship called the Priscilla in the summer of 1750. But unlike the 209 other immigrants aboard, the Plott brothers brought five of their best hunting dogs with them—two buckskin-colored canines and three brindle-colored dogs. These animals are believed to be the foundation stock of the Plott hound breed. And this is yet another fact that makes their story unique. The Plott hound descends from Germanic stock rather than traditional English origins as with most American dog breeds.

The story goes that Enoch Plott died en route to America and was buried at sea. Sixteen-year-old Johannes Plott and his five prized hounds arrived in Philadelphia, Pa., on September 12, 1750. They evidently soon headed south to New Bern, but there is very little information regarding their whereabouts in America from 1750 until about 1759. At some point young Johannes changed his name to George—though some speculate this may have been his middle name.

By the end of the Revolutionary War, George Plott was a fairly prosperous farmer and hunter. He lived in what is now Catawba County with his wife and their eight (or possibly nine) children. In about 1797 George's second son Henry Plott took some of the family dogs and headed to Haywood County. (Although named in some accounts, no one named Jonathan Plott had anything to do with perpetuating the Plott hound breed in America—though Henry Plott did have a son named Jonathan.)

Henry and his family made their permanent home in an area originally known as Richland's and Dick's Creeks in 1800. Soon the region became known as Plott Creek and Plott Valley while the towering mountains surrounding it were called the Plott Balsams. And it was here that the Plott hound became world famous.

By the mid-1800s, Plott hounds were the breed of choice among mountaineer hunters in western North Carolina and east Tennessee. Stories abound of these brave canines saving their masters from human and animal attacks. Even more poignant are the tales of loyal Plott dogs refusing to leave the

side of their injured or dying owners or leading rescue efforts to locate them.

Montraville "Mont" Plott (1850–1924), a grandson of Henry Plott, probably did as much as anyone in Plott history to promote the breed. He freely shared his stock with worthy local folks who understood the importance of maintaining the quality of the dog. Mont's son, breed icon Henry Vaughn "Von" Plott (1896–1979), later recalled that scores of mountain clans had ridden into Plott Valley in the late 1800s and left with Plott pups of their own tucked snugly in tow sacks. These families would return year after year to replenish their breeding stock and ensure its purity. This resulted in hundreds of pure-bred Plott hounds owned by fiercely protective owners spread across the southern mountains. Some of these families such as the Blevins, Cable, Denton, Wiggins, Lovin, Cheek, Evans and Orr clans—just to name a few—all played integral roles in the further advancement of Plott hounds.

By the late 1920s, Von Plott had begun to sell Plott hounds as far west as Arizona. His brothers, John and Sam, were also skillful Plott breeders, as was their friend Gola Ferguson. The Plott brothers, Ferguson, and later Taylor Crockett, along with West Virginian Isaiah Kidd are widely considered as the most influential Plott dog breeders of the modern era. Plott hound bloodlines originating from these breed pioneers are still coveted today.

World-famous hunting dogs

In the 1930s and 40s, sportsmen from around the nation flocked to North Carolina to hunt bear and other game with the Plott family and their dogs. Probably the most famous of these sportsmen was major league baseball executive Branch Rickey. He was the man generally credited with integrating professional baseball by signing Jackie Robinson for the Brooklyn Dodgers.

Midwestern hunters seemed especially intrigued with Plott hounds. They were instrumental in the Plott dog gaining recognition as an official breed by the United Kennel Club in 1946. In 1954 the National Plott Hound Association was formed to better promote the breed. In 1987 the American Plott Association was founded, and the Plott hound was formally recognized as a breed by the American Kennel Club.

Legendary breeder Von Plott (1896–1979) hunting in eastern North Carolina with notable dogs (from left) Plott's Happy, Plott's Balsam and Plott's Link. A friend said, "I have seen him often run all day, without stopping to eat or rest, and even as an old man, he would be the first one to the bear tree." (Plott family photo)

The popularity of the Plott hound continues to grow. The breed is world renown as arguably the premier big game hunting dog on the planet. They are wildly popular with coon hunters across the United States and have gained an excellent reputation as search and rescue hounds. Perhaps most surprising is the status they enjoy as show dogs recognized by all major kennel clubs. Today—just as in the 19th century—the Plott hound remains a remarkable multi-purpose dog. It is a breed of dog known world wide today as the Plott bear hound. And nearly three centuries after its arrival in North Carolina it remains unsurpassed in the annals of big game hunting. Today when you pet a Plott hound, you are touching the face of Tar Heel history.

Author of three books about Great Smoky Mountains hunting, hunters and their dogs, Bob Plott is a great-great-great-grandson of Johannes Plott, who introduced Plott hounds to America. He lives with his wife and son in Eufola, Iredell County.

Our State Dog on Display

The Museum of the Albemarle in Elizabeth City is hosting the new exhibit "Our State Dog: North Carolina's Plott Hound" through Dec. 19. Created by the Mountain Heritage Center of Western Carolina University in Cullowhee, the exhibit highlights the history of the Plott hound and explores bear hunting in the Albemarle area with input from the Albemarle Houndsmen Association. For more information, call (252) 335-1453 or visit www.museumofthealbemarle.com.

Books

"Strike & Stay: The Story of the Plott Hound," by Bob Plott, The History Press, 2007. 192 pages, over 70 pictures, softcover.

"A History of Hunting in the Great Smoky Mountains," by Bob Plott, The History Press, 2008. 128 pages, over 40 pictures, softcover.

"Legendary Hunters of the Southern Highlands: A Century of Sport and Survival in the Great Smoky Mountains," by Bob Plott, The History Press, 2009. 160 pages, over 60 pictures, softcover.

Find books at bookstores, online booksellers, and from www.historypress.net and www.bobplott.com.

I Remember...

Her post office in Butters 28324 was next to the railroad.

Mrs. Mary, the postmaster

Our post office in Butters, N.C., was a small, white wood building with 100 boxes and about half were rented to users. Mrs. Mary Spence was our postmaster. She was a very kind, helpful and caring lady, greeting you with a smile and a friendly "hello." My family had P.O. Box 22. During certain hours Mrs. Mary would graciously hand your mail to you through a doorway that divided the entrance of the building and her private office.

Mrs. Mary started in 1959. Some of her duties were to meet the train. As the train came into town, Mrs. Mary would give a signal if there was any mail to be picked up. She would fasten the mail pouch on a crane, and the train would come and pick up the mail and also passengers.

She liked her job, especially meeting people. She said it was satisfying and she looked forward to it. She said, "Even when the postal inspectors came, it didn't bother me." Never in her 35 years was there one penny short.

Mrs. Mary felt very honored to receive a personal invitation from the federal workers of Washington, D.C., to attend the inaugural for John F. Kennedy. Mrs. Mary retired in 1994 and turned 90 years old in December 2009.

Sharon Bishop, Bladenboro, Four County EMC

Stopping cows

As a mother of five young children living on a small farm in North Carolina, my husband often had to work out of town. Many times the children and I had to round up the cattle to work them. The children were small and somewhat intimidated by the size of the cattle. I would tell them, "Just stand there and don't let them past. If they come toward you just wave your arms and yell. They will turn around."

One day while penning them up in the barn, I was using a 12-foot panel gate to block the doorway. One determined cow decided she was leaving. I leaned against the gate, waved my arms and yelled. With that, the cow ran slap over me and the gate, leaving me flat on my back in the soppy cow manure with the gate on top of me! The children were all laughing and saying, "Just wave your arms and yell, Mom!"

Janet Silver, Murphy, Blue Ridge Mountain EMC

Kids listened

I am 89 years old and grew up in a town in Florida. As a child, an annual visit to my grandparents at their farm in the mountains of Haywood County was the event of my year. Farm life and the mountains were so different from home. An apple orchard, fields of clover, mountain streams with sizeable waterfall, tobacco staked in the field to turn gold, a mule-drawn sled, a fish pond along with sheep, goats, milk cows, chickens, honey bees, pigs, horses all affording unlimited work and play opportunities.

The two-story home built in 1865, renovated in 1921, with timber and rock from this farmland, was lighted by gas, heated with log fireplaces. Refrigeration was cold water from up the mountain piped through a concrete trough in a stone springhouse attached to the kitchen.

Grandmother cooked three full meals daily for family, farm workers and visitors. Always the meal included hot scratch-made biscuits and cornbread with fresh churned butter and honey in the comb. In the dining room kids sat on a long bench on one side of the table, grown-ups sat in chairs on the other sides. Talk was mostly about politics, local news and old times. Adults talked, kids listened.

Julian Davis, Waynesville, Haywood EMC

I now live in the house in Haywood County that I would visit when my grandparents lived here.

SEND US YOUR *Memories*

We'll pay $50 for those we publish in the magazine. We can put even more on our Internet sites, but can't pay for them. (If you don't want them on the Internet, let us know.)

Guidelines:

1. Approximately 200 words.
2. Digital photos must be at least 600kb or 1200 by 800 pixels.
3. No deadline, but only one entry per household per month.
4. Send a self-addressed, stamped envelope if you want yours returned.
5. We pay $50 for each one published in the magazine. We retain reprint rights.
6. Include your name, mailing address and the name of your electric cooperative.
7. **E-mail:** iremember@carolinacountry.com **Or by U.S. mail:** I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616

Night lights and freedom

One of my fondest memories is of catching fireflies on a friendly summer night. My older brothers and I joined the other neighborhood kids after supper to run and play until our moms called us in about 9 p.m. I remember how free we all felt running barefoot on the dirt roads around our neighborhood in Dublin (Bladen County) and chasing those intriguing flashing lights. They were as bright as shooting stars, because there were no streetlights to outshine them. None were needed. The moon reflecting on our path was sufficient for our quest.

Mama's old mason jars with lids punctured by her ice pick were perfect for holding our living lights. If they landed on a bush, we would scoop them up, and sometimes we snatched them in flight. First we would hold them fluttering in our hands and watch the rays of light flash on and off between the cracks in our closed fists. Then we carefully placed them in the jars, careful not to let the earlier prisoners escape.

They made perfect nightlights sitting on our windowsills when we were called to bed. Because we valued freedom, we set them free with the sunrise.

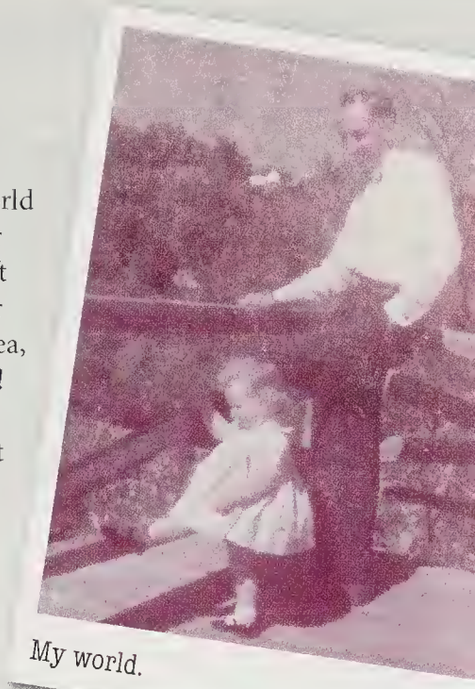
Jane T. Pait, White Oak, Four County EMC

Raymond Elliott

My dad, Raymond Elliott, served in World War II and was awarded the bronze star and Purple Heart. I understand Dad left with a head of dark, wavy hair, but after wearing a helmet in tropical New Guinea, he didn't come back with near as much!

A light sleeper, Dad also had a keen sense about the enemy. In the foxholes at night, the other guys would tie a string around his shoe and then to themselves, so any movement of the string would awaken them.

Afterwards, Dad returned to Ashe County and worked at Ray Drug Store with country doctor R. C. Ray Sr. Affectionately known as "Doc" during his 43 years there, folks regularly sought his advice, loved the old-time cherry Cokes and milkshakes he made, and humbly accepted his offer to pay for their kid's medicine when they couldn't afford it.



My world.

Dad especially loved playing a good game of checkers and listening to beagles run a good rabbit race with his buddies.

Diagnosed with leukemia at age 84 just 2½ years ago, Dad gave up his earthly life. His Christian life inspired many, however, and he meant the world to me and my family.

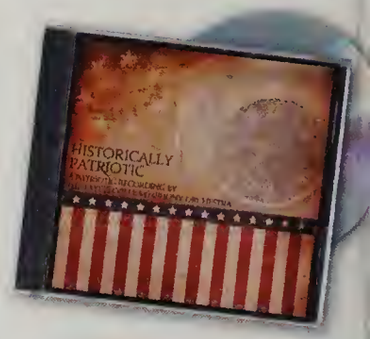
Diane Parsons, West Jefferson, Blue Ridge Electric

Yah's Best

Yah's Best specializes in salsas made with the freshest ingredients. The Huntersville-based company offers six traditional salsas ranging from mild to hot, with a variety of specialty salsas including fruits, southwestern, and verde, along with its popular Carolina Caviar (a twist on "Poor Man's Caviar"). Most are offered in pint (16-ounce) and quart (32-ounce) sizes and range in price from $5 to $10. Yah's Best also offers canned items, including vegetable soup, apple and pumpkin butters and chow chows. In addition, it sells a large selection of fruit jams, pickled items and its house seasoning called Herbal Delight, a dried herb blend for meats and seafood, veggies, eggs and bread. Yah's Best products are found at both the Charlotte and Raleigh Farmer's Markets and a growing number of retail locations. It doesn't yet offer online ordering, but they accept orders by this e-mail, yah@yahsbest.com, or by phone.

(866) 927-2572 (YA SALSA)
www.yahsbest.com

Patriotic music



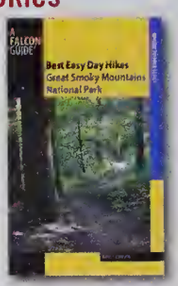
"Historically Patriotic" is a CD featuring a compilation of patriotic favorites performed by the Fayetteville Symphony Orchestra. The 10 songs featured include "Lafayette," an original composition of Maestro Fouad Fakhouri, who is Fayetteville Symphony's music director and conductor, along with the songs "National Emblem March," "Fanfare for the Common Man," "Star Spangled Banner," Stars and Stripes Forever" and "Fidelis March." The CD, produced by the Fayetteville Area Convention & Visitors Bureau, was partially funded by a grant from the Arts Council of Fayetteville/Cumberland County to help promote cultural tourism. A cover contest for Cumberland County artists to submit proposed designs reflecting freedom of expression was held, and the CD cover showcases winning artist Anne Evanco's designs front and back. The CD sells for $10 each.

(910) 483-5311
www.VisitFayettevilleNc.com

Carolina Country Store features interesting, useful products, services, travel sites, handicrafts, food, books, CDs and DVDs that relate to North Carolina. To submit an item for possible publication, e-mail editor@carolinacountry.com with a description and clear, color pictures. Or you can submit by mail: Country Store, Carolina Country, 3400 Sumner Blvd., Raleigh, NC, 27616. Those who submit must be able to handle large orders.

on the bookshelf

Easy day hikes for Smokies



The latest book in FalconGuides®' nationally popular "Best Easy Day Hikes" series, this guide features nearly 30 easy hikes throughout the Great Smoky Mountains National Park. Hiking author Randy Johnson includes accessible trails with waterfalls, wildflowers, historic sites and spectacular views, along with 23 trail maps, GPS coordinates for each trailhead, a Trail Finder by level of difficulty and an introductory travel overview to the park, scenic drives, and surrounding towns. The author divides his time between his home in Banner Elk and Greensboro. "Best Easy Day Hikes Great Smoky Mountains" is softcover, 120 pages and by itself sells for $12.95. It can also be purchased bundled with a National Geographic's Trails Illustrated topographic map of the Great Smoky Mountains Park for $13.57 online and in select outdoor stores.

(336) 508-2178
www.randyjohnsonbooks.com

Along for the Ride

It's been so long since Auden slept at night. Ever since her parents' divorce—or since the fighting started. Now she has the chance to spend a carefree summer with her dad and his new family in the charming beach town where they live. A job in a clothes boutique introduces Auden to the world of girls: their talk, their crushes. She missed out on all that, too busy being the perfect daughter to her demanding mother. Then she meets Eli, an intriguing loner and a fellow insomniac who becomes her guide to the nocturnal world of the town. Together they embark on quests: for Auden, to experience the carefree teenage life she's been denied; for Eli, to come to terms with the guilt he feels for a friend's death. In her signature style, author Sarah Dessen explores the hearts of two lonely people learning to connect. Dessen lives and teaches in Chapel Hill. Published by Viking Children's Books, "Along for the Ride" is hardcover, 400 pages, $19.99.

(800) 526-0275
www.sarahdessen.com

Themed trips in the South

Do you like fried alligator, wild ponies, haunted pubs, or civil rights history? They are included within trips in "The Carolinas, Georgia & the South Trips." The book describes 65 themed itineraries day, weekend or week-long itineraries, including trips to/from Charlotte, Outer Banks, Asheville, Great Smoky Mountains, Charleston, S.C., New Orleans and Atlanta. Included are easy-to-use maps for every trip, plus driving times and directions. The Iconic Trips chapter covers must-do trips, including antebellum mansions and Southern cooking. The guide also mentions family-friendly, pet-friendly and green-friendly listings throughout. Published by Lonely Planet, based in Oakland, Ca. Softcover, 424 pages, $19.99.

(800) 275-8555
www.lonelyplanet.com

INSTANT RELIEF FROM BACK PAIN

RECEIVE A **SURPRISE GIFT** WITH EVERY ORDER

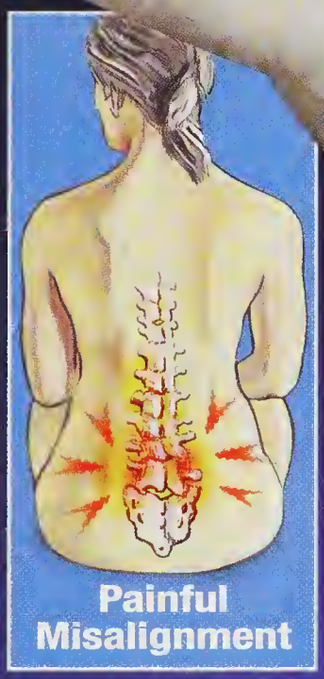
Therapeutic Spinal Alignment Pillow

ONLY $12.97

FREE SHIPPING

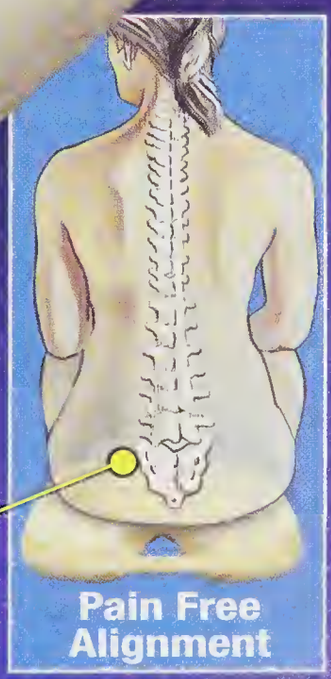
- **Restores Correct Spinal Alignment**
- **Takes Pressure Off Tailbone**

Place On Any:
- **Chair**
- **Couch**
- **Stool**
- **Auto**



Painful Misalignment

Realigns Spine So You Can Sit PAIN FREE! For Hours!



Pain Free Alignment

Dept. 62256 © 2010 Dream Products, Inc.

www.DreamProductsCatalog.com (website offers may vary) OR **ORDER NOW TOLL-FREE 1-800-530-2689**

THE ONLY CUSHION YOU'LL EVER WANT TO USE!

Dual-design system in this amazing cushion has a cut-out section that takes painful pressure off the tailbone. Gently-sloping wedge re-aligns the spine so you can sit pain free for hours. Simply place on any chair, couch or stool for instant, ultra-soft relief. Polyurethane foam with washable polyester fleece cover. 16" x 16" x 3". Hurry, order today and get FREE SHIPPING! and surprise gift.

Satisfaction Guaranteed or Return For Your Money Back

Therapeutic Spinal Alignment Pillow — Dept. 62256

(96093) **PLEASE RUSH ME:**

____Therapeutic Spinal Alignment Pillow(s) @ $12.97 Plus A FREE Gift!	$
CA residents must add 8.25% sales tax	$
FREE SHIPPING	$ FREE
Add $2.00 Handling	$ 2.00
Please Print Clearly — TOTAL	$

❑Check or money order payable to: Dream Products, Inc.

Charge my: ❑ VISA ❑ MasterCard ❑ Discover®/NOVUS℠ Cards

Card# _____ Expiration Date ___/___

Name _____

Address _____

City _____ ST ____ Zip _____

SEND ORDER TO: **Dream Products, Inc.**
412 DREAM LANE, VAN NUYS, CA 91496

You can reach Charles Joyner by e-mail: joyner@carolinacountry.com

Find the Value of

G O F I G U R E T H I S
+ + + + + + + + + + + =
— — — — — — — — — — — — ———

Each of the ten different letters in GO FIGURE THIS has been given a different value from zero through nine. Given the total value of the letters in each word below, can you find the value of each letter and the total value of GO FIGURE THIS?

REFUSE (34)	SURE (29)	GRIST (26)	FIRST (24)	RISE (23)
HOIST (22)	GHOST (21)	SHOT (19)	HIRE (16)	FIRE (15)

To see how I solved this send e-mail to: joyner@carolinacountry.com

WORD PLAY

draw-wrap-pray

To create LIGHT from POWER you must change one letter in each step to spell a new word. Letters can be arranged in any step. Your answer can be different from mine.

1 P O W E R
2 — — — — —
3 — — — — —
4 — — G — —
5 — — — — —
6 L I G H T

MATCHBOXES

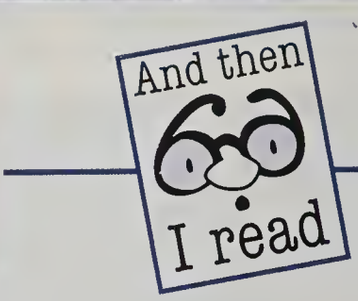
"You can trust the label"

2
U E A G Y U N T G G
X 2 X 2
U U

Each letter in the code key below stands for the digit above it. Use the key to create the two multiplication problems above. Solve the problems and write your answers in the box tops. Then match boxes to find two hidden words.

1	2	3	4	5	6	7	8	9
N	U	S	Y	E	R	A	G	T

For answers, please see page 35



Benefit
LOAVES AND FISHES
RIB EYE
STEAK DINNER
Eat in – Take out

Sign in front
of an Elon Church

- O-

Variety is the spice of life.

Phone*etics

1	ABC 2	DEF 3
GHI 4	JKL 5	MNO 6
PQRS 7	TUV 8	WXYZ 9
*	0	#

2 3 5 5 4 6 2

If you punch in the number above on your telephone key pad you will spell out the name of the nation's largest privately owned mainline department store company. The founder opened his first store in Monroe, North Carolina in the late 1880s. Today the company has more than 300 stores in sixteen southern states.

© 2010 Charles Joyner

PREMIER BUILDING SYSTEMS

1-800-882-5150
(770) 239-2085
PBS

The more you look, The better we look!

30x40x10.....$5,732
50x60x12.....$10,461
60x100x12.....$16,535
100x150x16 (w/ Column).....$38,185

All sizes available & mini storage units. 26 ga., 20 yr. roof & walls. Codes and market may affect prices.
Instant Quotes Online : www.premierbuildings.com

Arco Steel Buildings
1-800-241-8339

40x60x12	$8,827
50x75x10	$11,449
60x100x12	$16,702
60x75x12	$13,444
100x100x12...w/column	$24,931
100x150x14...w/column	$35,845
20x100x8'6" Mini Warehouse	$7,639

Mini warehouse available in all sizes

www.arcosteel.com

30 Arco Years

Arco Building Systems, Inc.
(FOB PLANT–ALL SIZES AVAILABLE–LOCAL CODES MAY AFFECT PRICES)

KENTUCKY BUILDINGS LLC.

We are the Manufacturer! Factory Direct Discounts!

FREE CATALOGUE
1-606-668-3446
www.kybuildings.net

50 Year All Steel • 35 Year Deluxe Color Roof & Trims • 2/12 & 4/12 Models
Farm • Church • Sports • Horse • Car • Plane • Home

Farm · Industrial · Commercial

25 Year Warranty on Roof & Walls; Prices F.O.B. Mfg. Plants; Seal Stamped Blue Prints; Easy Bolt Together Design.

PRICES INCLUDE COLOR SIDES & GALVALUME ROOF

30' x 50' x 10'.....$7,617
40' x 60' x 12'.....$10,696
60' x 100' x 12'.....$21,164
80' x 100' x 14'.....$27,660
100' x 150' x 14'.....$53,164

Arena Special (roof & frame) 100' x 100' x 14'...$30,715

(Local codes may affect prices)

VISIT OUR WEBSITE

RHINO®
STEEL BUILDING SYSTEMS

VISIT OUR WEBSITE

Fax: 940-484-6746 email: info@rhinobldg.com
Website: http://www.RHINOBLDG.COM

Toll Free 1-888-320-7466

Mobile Home EXTERIORS

BBB

Insulated Roofing Systems
Premium Vinyl Siding
Vinyl Replacement Tilt-in Windows

For a FREE No Obligation Estimate Call:
1-800-849-5715
www.MobileHomeExteriors.com

NATIONAL BARN COMPANY LLC

*FINANCING AVAILABLE WAC

$9,995
(Payments as low as $169 per month*)
30X50X10
Painted Enclosed

HORSE BARNS • GARAGES • STORAGE BUILDINGS • HAY BARNS

Ask about our do-it-yourself materials kits.

- Hurricane Upgrade E of I-95
- Fully Insured
- #1 Metal
- 4/12 roof pitch
- Engineered trusses
- Custom Sizes Available
- Local Codes & Freight May Affect Prices

1-888-427-BARN (2276)
www.nationalbarn.com NC Lic. #52845

HEATMOR
Stainless Steel Outdoor Wood Furnaces

New Limited Lifetime Warranty

Heat Multiple Buildings, Pools, Hot Tubs, Hot Water Tank, Barns, Shop, Garage, Greenhouses, Poultry Houses, Residential & Commercial

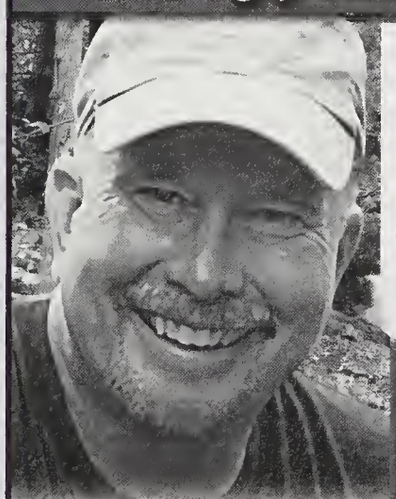
7 Models, 22 Colors, Wood or Coal Grates, Ash Auger Clean Out, Corn, Pellet, Oil Options, Efficient Combustion Design, Environmentally Friendly

Outback Heating, Inc.
Eastern U.S. Distributor
Outdoor Furnaces Since 1982

800-743-5883 888-763-8617

www.outbackheatinginc.com

Your Ugly Nail Fungus Can Be Gone!



"Dear Jim Long. This product is amazing!!! I've had toe nail fungus on my big toe for about 20 years. My nail was thick, yellow and until I found your product I thought I was destined to have a thick yellow toe nail forever. I also had cracked heels and athletes foot. Both have cleared up dramatically. Thank you so much for such a wonderful product." ...Cathy G., Ohio

$14.95 INCLUDES POSTAGE

Herbal
Nail Fungus Soak
For Fingernails & Toenails.
Also effective in treating persistent athlete's foot and cracking heel.

If you want a safe, natural way to be rid of ugly nail fungus, our formula works...

GUARANTEED!

Send $14.95 to: Herbal Nail Fungus Soak

Questions? Check our Q & A button, on the Nail Fungus page of our website.

Long Creek Herbs
P.O. Box 127-N
Blue Eye, Missouri 65611
417-779-4009

Long Creek Herbs

www.LongCreekHerbs.com
(Phones answered Mon. - Fri. 8 - 5 Central)

Major Credit Cards & PayPal Accepted

By Carla Burgess

Not-by-the-numbers gardening

Gardening takes a little work and a little patience. But it doesn't take an expert. I recently happened upon a blog in which the author, a well-schooled horticulturist, worried that some horticultural, landscaping and garden-design experts might be taking a lot of the fun out of gardening.* I've seen many gardeners become down in the dumps when they follow all the "instructions" but don't get the results they expected. As a gardener, I have failed at things that are supposed to be foolproof and succeeded at the supposedly impossible. For me, the surprises keep it all interesting.

My gardening approach at our home of 14 years has involved continuously amending with compost the sorry soil we inherited. Out of personal preference, I don't use chemical fertilizer. I rarely even use commercial organic fertilizer. I've often ignored what I've read about fertilizing, mostly without consequence. Dahlias, for example, are invariably described as being heavy feeders. Yet I've never put an ounce of fertilizer on mine and they bloom and re-bloom profusely every year. As for my garden's design, I do it mostly on the fly. In spring, I inevitably play a game of musical chairs with my plants, giving little sway to warnings that certain plants don't like to be moved. If a plant is too much of a diva, then I guess we're just not going to get along.

I'm not suggesting you should buy a plant, especially an expensive one, and ignore its fundamental needs. You can learn a lot from experts and their experiences and from the thousands of years that plants have shown people how they prefer to live. But gardening is an intensely personal experience, and doing your own thing can produce unique rewards. If you've killed a plant, even though every gardener you know says it's bulletproof, keep your chin up. There are plenty of other wonderful plants that will appreciate you for who you are.

**http://plant-quest.blogspot.com/2010/03/felder-rushing-simple-dirt-gardener.html*

Tomatoes for the future

Saving tomato seeds is a way to preserve your favorite varieties for future seasons. It can be a tad messy, but it's fairly simple. For supplies, you'll need paper cups, uncoated paper plates, permanent-ink pen, spoon, a fine-mesh sieve and glass or plastic vials. It's best to save only open-pollinated (non-hybrid) varieties, since the offspring of hybrids may not have the same traits. Thanks to Craig "Tomato Man" Lehoullier (http://nctomatoman.weebly.com) for sharing these tips for collecting and saving tomato seeds:

1. Use tomatoes that are at the edible stage (not overripe or rotting).
2. Write the name of the tomato on a cup and on a paper plate.
3. Cut fruit in half and squeeze the contents—seeds, juice and pulp—into cup.
4. Place cup outdoors in a covered, shaded area.
5. After about three days, a layer of white fungus will form. Fill the cup with water and carefully remove and discard fungus layer. Pour contents of cup into a sieve. Run water over the seed mass while pressing with a spoon so that everything but the seeds passes through the mesh.
6. Scrape out clean seeds, place on the paper plate and let them air-dry indoors for about two weeks.
7. Store tomato seeds in glass or plastic vials. The seeds will last 10 years or more. There's no need to freeze or refrigerate.

Carla Burgess

Above, top: *Gardener Belinda Black of Raleigh has her own garden style.* ***Above, bottom:*** *Jerry Gaertner and Susan Moore put their own spin on a bottle tree.*

Hort Shorts

- In areas that are heavily infested with fire ants, a carefully timed, two-step method for control is recommended. The first step is to broadcast fire ant bait across affected areas. The second step is treatment of individual mounds. Ask your Cooperative Extension agent for the most up-to-date advice and then use a comprehensive strategy.
- Clump-forming liriope is usually treated as an edging plant, but some varieties of liriope work well in groupings or as accents. Try variegated or gold-leaved varieties for impact.

GO ONLINE

For more gardening advice, go to the "Carolina Gardens" section of www.carolinacountry.com.

"Earth" Outdoor Wood Furnaces

Starting At $3,995

417-746-0043

www.EarthWoodFurnace.com

RENEGADE STEEL BUILDINGS, INC. 1.877.363.4233

• All sizes avail. • 25 yr. warranty

Built Strong . . . Renegade Strong

Call Today!

renegadebuildings.com

WHOLE LIFE INSURANCE

$10,000

Monthly Rates

Age	Male	Female
10	$9	$9
20	$10	$10
30	$14	$12
40	$20	$17
50	$26	$21
55	$33	$26
60	$41	$32
65	$52	$41
70	$67	$51
75	$94	$70
80	$134	$101
85	$185	$153

Amount $2k-$100k. Issue age 0-85.

Call for full details and quotes.

Tucker Insurance

(843) 450-8286

Toll free 1-866-604-0417

2011 Farm Tours

COSTA RICA

11 Days - Departs Jan. 15, 2011

from $1399*pp

Visit the highlights including wildlife preserve, rainforest, cloud forest, rivers, coastlines, & working farms!

Fly to San Jose, tour/visit the mountains & rainforests. Take a riverboat cruise through Tortuguero National Park & tour a banana plantation. Visit the Alma Ata Archaeological Park & Arenal, an active volcano with thermal mineral pools, waterfalls & hot springs. Tour a farm with pineapples, orchards, grasslands, cheese making demonstration. Visit the Monteverde Cloud Forest Reserve with a tour, enjoy a boat tour on the Tempisque River by the Palo Verde National Park with an amazing variety of birds & animals. Delight in the beaches on the Pacific coast. Stop at the Doka Coffee Estate, then gather for a farewell dinner including a Folkloric Show.

**Plus $159 Tax Service & Gov't Fees. Call for low cost airfare.*

HAWAII

Four Islands – 15 Days

From $1879*pp

Maui, Oahu, Kauai & Hawaii...

Departs Mondays Jan 2011. Includes Inter Island airfare. Escort on each island. Staying in Oahu, Hawaii (Kona & Hilo), Maui & Kauai. Sightseeing includes Honolulu City Tour with Pearl Harbor, Volcano National Park, Kona Coffee Plantation, Parker Cattle Ranch Museum, Orchid Nursery, Macadamia Nut Factory Tour, Wailua Riverboat Cruise, Fern Grotto, & More.

**Plus $149 Tax Service & Gov't Fees. Call for low cost airfare.*

YMT Vacations

Call for information & itinerary 800-888-8204

Carolina country

Advertise in the Marketplace

Call Jennifer Hoey for more information

1-800-662-8835, ext. 3077

VISA MasterCard American Express Cards

Walk-In Bathtubs of NC

Factory Direct Prices !

Variable Speed Heated Air Hydrotherapy Jets will Massage & Melt all your Aches & Pains Away

We Guarantee the World's Highest Quality Walk-In Bathtubs at AFFORDABLE PRICES

"Enjoy A Safe Luxurious Spa Experience at Home"

1-888-988-3842

CALL NOW For FREE INFORMATION

Senior Freedom Products of N.C. Factory Trained Installers

www.STOPyourFALLS.com

Free In Home Consultation

A Safe Relaxing Bath Anytime You Want

MOBILE HOME ROOF PROBLEMS?

PERMA-ROOF®

from Southern Builders

The Mobile Home Roofover Specialist Can Help!

24 YEARS!

LIFETIME WARRANTY

ONE FOOT OVER-HANG

NO MORE ROOF RUMBLE

COMMERCIAL GRADE STEEL

2"or 3" FOIL BACKED INSUALTION

CALL FOR A FREE ESTIMATE!

www.roofover.com

1-800-633-8969

JOYNER'S CORNER ANSWERS:

FIND THE VALUE

GOFIGURETHIS

2+4+0+3+2+9+7+5+6+1+3+8=5

PHONETICS

BELK INC.

MATCHBOXES

515634 3976

ENERGY STAR

WORD PLAY

ONE ANSWER:

POWER>TOWER>WRITE>TIGER>RIGHT>LIGHT

St. Thomas Episcopal Church

Photography by Ashley Fetner

Built in 1734, St. Thomas Episcopal Church is the oldest church in North Carolina and is located in Historic Bath. The town of Bath also is the oldest town in North Carolina, incorporated in 1705.

Europeans began settling the Pamlico River area in the 1690s. Records show that the congregation of St. Thomas was meeting in homes here as early as 1701.

Rev. John Garzia was the first rector called to serve at St. Thomas. He brought several gifts to the parish, including a silver communion chalice from the Bishop of London. This chalice is believed to be one of the oldest communion cups in existence and is on view here. Also exhibited are other items including two silver candelabras which were presented by King George II and a Queen Ann's Bell that was cast in 1780. St. Thomas also has one of the oldest Bibles in the state. It was printed in England in 1703 and given to the church by Capt. Samuel Ash whose family lived in Bath.

Part of the Historic Bath State Historic Site, St. Thomas Episcopal Church is open to the public. Historic Bath is open for touring Tuesday–Saturday 9 a.m. to 5 p.m. For more information, visit www.nchistoricsites.org/bath or call (252) 923-3971.

–Kay Fetn

Ashley and Kay Fetner are members of Randolph EMC.
www.ashleyfetnerportraits.com

July Events

Take in events like the "Caber Toss" at the Grandfather Mountain Highland Games, held July 8–11, in Linville. In the Caber Toss, the athlete must turn a telephone-pole-sized log end over end. Tosses that fall the closest to the "twelve o'clock" position are winners. Call (828) 733-2013 or visit www.gmhg.org to learn more.

ONGOING

ts Councils' Fourth Friday
yetteville
10) 483-5311
ww.theartscouncil.org

eet Dance
nday nights
ndersonville
8) 693-9708
w.historichendersonville.org

ness Pottery & Music Barn
ner, music, fellowship
ry Tuesday night
way
0) 948-4897
w.liveatclydes.com

tery show
y Helen Jones, Robbin Richardson
9–Aug. 7, Wake Forest
) 570-0765
v.sunflowerstudiowf.com

the Glory: The Civil War Musical
ugh July 4, Hendersonville
) 693-9708

Music on Main
July 2, 9, 16, 23 & 30, Hendersonville
(828) 693-9708
www.historichendersonville.org

"12 Angry Men"
Through July 18, Flat Rock
(828) 693-9708

"The Producers"
July 14–Aug. 15, Flat Rock
(828) 693-9708

Ghosts of New Bern Walking Tour
Wednesdays–Sundays through August
New Bern
(252) 571-4766
www.ghostsofnewbern.com

"Motoring the Blue Ridge Parkway"
Through June 2011, Maggie Valley
(828) 926-6266
www.wheelsthroughtime.com

Back Stage Tour
Through Aug. 20, Manteo
(252) 473-2127
www.thelostcolony.org

Come Sit A Spell: Views of The Southern Garden
Artistic seating displays
Through August 22, Belmont
(704) 825-4490
www.dsbg.org

Fabulous Feed Sacks Exhibit
Through Labor Day
Hayesville
(828) 389-1401
www.clayhistoryarts.org

Cruise In
First & third Saturdays except Sept.
Through Oct. 16, Lenoir
(828) 493-3512
www.lenoircruisers.com

From Lights to Flight: Coast Guard Art
Through Oct. 18
Elizabeth City
(252) 335-1453
www.museumofthealbemarle.com

Bluegrass Music
Every Thursday night through Oct. 15
Laurel Hill
(910) 844-3055

1 | THURS.

Band of Oz
Mount Airy
(336) 786-7998
www.surryarts.org

GI-CM Eppes High School Alumni Weekend Reunion
July 1–4, Greenville
(252) 329-4200

2 | FRI.

Chris Cates & the Master Plan Concert
Sylva
(800) 962-1911
www.mountainlovers.com

The Entertainers
Beach party band
Mount Airy
(336) 786-7998
www.surryarts.org

3 | SAT.

Summertime Art & Crafts Show
July 3-4, Cullowhee
(828) 524-3405
www.MountainArtisans.net

Sharpe Store Music Gospel Jam
Bear Creek
(919) 542-8401
www.sharpestoremusic.org

Independence Day Celebration
Kerr Lake, Henderson
(252) 438-2222
www.kerrlake-nc.com

Roasting of the Hog
Beech Mountain
(828) 387-2011
www.beechmountainchamber.com

Old-Time Dance
Slate Mountain Ramblers band
Mount Airy
(336) 786-7998
www.surryarts.org

July 4 Celebration
Andrews
(828) 321-2135
www.cherokeecountychamber.com

July 4 Celebration
Murphy
(828) 837-8851
www.cherokeecountychamber.com

Christmas in July
West Jefferson
(336) 846-9196
www.christmasinjuly.info

4 | SUN.

An Old Fashioned July 4
Joel Lane House, Raleigh
(919-833-3431
www.joellane.org

Fireworks Extravaganza
Tweetsie Railroad, Blowing Rock
(919) 277-1180
www.tweetsie.com

July 4 Celebration
Farmville
(252) 329-4200
www.greenvillejaycees.com

July 4 Celebration
Elizabeth City
(252) 335-1424
www.discoverelizabethcity.com

6 | TUES.

Scrapbooking
Tarboro
(252) 641-0857
www.cardscraps.com

7 | WED.

Uptown Umbrella Market
Greenville
(252) 329-4200

8 | THURS.

The Art of Clay
Juried pottery exhibit opening
July 8–30, Rutherfordton
(828) 245-1492
www.rcvag.com

Mountains in Bloom Garden Festival
July 8–11, Highlands
(828) 526-4949, ext. 120
www.mountainsinbloom.com

Grandfather Mountain Highland Games
July 8–11, Linville
(828) 733-2013
www.gmhg.org

9 | FRI.

Christabel and the Jons
Folky swing music
New Bern
(252) 639-2902
www.christabelmusic.com

Carolina Mountain Ribfest
Fletcher
(828) 628-9626
www.wcpshows.com

Mark Roberts & Breeze
Motown, beach, rock n' roll
Mount Airy
(336) 786-7998
www.surryarts.org

Flea Market, Auction,

For Scaly Mt. Women's Club
July 9–10, Scaly Mountain
(828) 787-1718

MusicFest 'N Sugar Grove
July 9–10, Sugar Grove
(828) 406-6190

Ottis Cook Music Park
July 9–10, Golden Valley
(828) 345-8427
www.gvmusic.com

Festival on the Square
July 9–11, Hayesville
(828) 389-6814
clayhistoryarts.org

10 | SAT.

Classy-Chassis Car Show & Country Flea Market
Wilmington
(910) 686-9518
www.poplargrove.com

Art, Music & Crafts
Bath
(252) 923-3971
www.nchistoricsites.org/bath/bath.htm

New Harmonies
American roots music
Elizabeth City
(252) 335-1453
www.museumofthealbemarle.com

"Waitress"
Comedic movie
Mount Airy
(336) 786-7998
www.surryarts.org

Historic Crafts Fair
Edenton
(252) 482-2637
www.nchistoricsites.org

Do Tell Storyfest
Hendersonville
(828) 388-0247
www.dotellfestival.org

Pan-O-lympics
Midland
(704) 721-4653
www.nchistoricsites.org

Wildlife—Reptiles, Amphibians & Arts
Sanford
(919) 947-2051
www.nchistoricsites.org/horsesho/horsesho.htm

Jubilee Festival
Music, food at Stagville
Durham
(919) 620-0120
www.nchistoricsites.org

Crafts Fair
Old Fort
(828) 668-9259
http://ncmuseumofhistory.org/osm/mgw.html

FABRICating the Past
Asheville
(828) 253-8304
www.nchistoricsites.org/wolfe/wolfe.htm

Woodworking
Weaverville
(828) 645-6706
www.nchistoricsites.org/vance/vance.htm

Shape Note Sing
Brasstown
(828) 837-2775
www.folkschool.org

The Art of Music, Mid-19th century
Pineville
(704) 889-7145
www.polk.nchistoricsites.org

Foodways and Flavors
Creswell
(252) 797-4560

11 | SUN.

Sunday in the Park
Supergrit Cowboy Band
Greenville
(252) 329-4200

14 | WED.

Uptown Umbrella Market
Greenville
(252) 329-4200

15 | THURS.

After Five—Suicide Blonde
Fayetteville
(910) 483-5311
www.fayettevillemuseumart.org

Hurricane Hazel in the Carolinas
Book event
Wrightsville Beach
(910) 256-2569
www.wbmuseum.com

17 | SAT.

Naturalist Series
Rocky Broad River ecology
Chimney Rock
(828) 245-1492
www.chimneyrockpark.com

Dog Show
Beech Mountain
(828) 387-2011
www.beechmountainchamber.com

Sharpe Store Music Bluegrass Jam
Bear Creek
(910) 705-6183
www.sharpestoremusic.org

Crafty Saturday
Tarboro
(252) 641-0857
www.cardscraps.com

Voice of the Blue Ridge
Bluegrass, The Carolina Travelers
Mount Airy
(336) 786-7998

Civil War Reenactment
July 17–18, Huntersville
(704) 875-2312
www.lattaplantation.org

18 | SUN.

Sunday in the Park
Caribbean music of Panyelo
Greenville
(252) 329-4200

19 | MON.

A Day on the Farm Camp
Pineville
(704) 889-7145
www.polk.nchistoricsites.org

21 | WED.

Uptown Umbrella Market
Greenville
(252) 329-4200

23 | FRI.

Fourth Friday
Fayetteville
(910) 483-5311
www.theartscouncil.com

Tour of Homes
Blowing Rock
(828) 295-7323
www.stmaryofthehills.org

Jim Quick & Coastline
Soul, blues and rock classics
Mount Airy
(336) 786-7988
www.surryarts.org

Women and the Civil War
July 23–25, Raleigh
(336) 364-2355
www.swcw.org

24 | SAT.

Ballroom Dancing
Greenville
(252) 329-4200

Benefit Pancake Breakfast
Scaly Mountain
(828) 787-1718

25 | SUN.

Sunday in the Park
David Dyer & The Crooked Smile Band
Greenville
(252) 329-4200

26 | MON.

Settlers Camp
Pineville
(704) 889-7145
www.polk.nchistoricsites.org

28 | WED.

Uptown Umbrella Market
Greenville
(252) 329-4200

29 | THURS.

Book Sale
Waynesville
(828) 235-8718
www.haywoodfriends.org

30 | FRI.

Ken Kolodner
Dulcimer music
West Jefferson
(336) 846-2787
www.ashecountyarts.org

Too Much Sylvia
Variety of dance music
Mount Airy
(336) 786-7998
www.surryarts.org

31 | SAT.

Barn Dance
Beech Mountain
(828) 387-2011
www.beechmountainchamber.com

Truck and Tractor Show
Lincolnton
(828) 381-3514
www.bradsclassictrucks.com

The Artful Peanut
Celebration with treats, crafts
Wilmington
(910) 686-9518
www.poplargrove.com

S&D Gun & Knife Show
Greenville
(252) 329-4200

Little League State Tournament
July 31 through Aug. 4, Greenville
(252) 329-4200

Listing Information

Deadlines:
For August: June 24
For September: July 24

Submit Listings Online:
Visit www.carolinacountry.com and click "See NC" to add your event to the magazine and/or our website. Or e-mail events@carolinacountry.com.

GO ONLINE

CAROLINA COUNTRY adventures

Day Trip

The Climbing Place is the largest indoor rock climbing center in North Carolina. Call (910) 486-9638 or visit www.theclimbingplace.com.

Close your eyes, picture Uncle Sam in red, white and blue and these words: "Fayetteville Wants YOU to have a good time." Because the city really does, and it shows. From its settlement in 1739 by Scottish immigrants through the deployment of troops today, visiting Fayetteville means learning about your country. It also means freedom of choice. Unlike some towns, the challenge is not finding enough things to do but instead narrowing down your options.

Home to Fort Bragg and Pope Air Force bases, Fayetteville is a melting pot. International cuisine ranges from Korean to Jamaican food. Local favorites include Luigi's (Italian), Highland Café & Pub (Scottish) and Zorba's Gyro on a Spit (Greek). To slake your thirst, take a booth at the restored Huske Hardware House Restaurant & Brewery in historic downtown. This quaint area features major architectural styles, including Federal, Colonial Revival and Victorian. You can browse several antique shops, score truffles at The Chocolate Lady, and sip espresso at Rude Awakenings on Hay Street. History buffs like the nearby Museum of the Cape Fear Historical Complex.

For families, there's Fascinate-U Children's Museum. Children can operate a store and be on TV at its pretend mini-city. Or tour the Gillis Hill Farm, about 20 minutes from downtown. There's also Cape Fear River Trail, flat and hilly terrain for 4.2 miles. Pick up the trailhead at Clark Park on Sherman Drive. For the adventurous, there's Black River Paintball and The Climbing Place. At press time, ZipQuest, a new zipline tour, planned to be open by this month. Golf lovers like Anderson Creek Golf Club and Bayonet at Puppy Creek Golf Course—both were named among America's best courses by Golf World magazine.

The Visitor's Bureau on Person Street offers pre-planned cultural heritage trails with themes such as African-American, Architecture, Religious Freedom, and Patriots. The artistically inclined have the Patri-Arts & Gardens Trail to see studios, galleries, and the art museum. There's also a geocaching trail, a high-tech treasure hunt using a hand-held GPS device. And some may not know civilians can tour Fort Bragg—inquire at the bureau. It has a drive-thru window if you are in a hurry to see it all.

—Karen Olson House

For more information:

(800) 255-8217
www.visitfayettevillenc.com

CUMBERLAND COUNTY
- **Fayetteville**
- **Hope Mills**

Three top spots:

Fantasy Lake Water Park: Featuring slides, paddle boats, trapeze swings, volleyball, basketball, picnic grills, video arcade, deli sandwich shop, sandy beaches and horseshoes in nearby Hope Mills. (910) 424-9999 or www.fantasylakewaterpark.com

Airborne & Special Operations Museum: Literally built around a

Sheridan tank, this impressive, 59,000 square-foot facility on Bragg Boulevard pays homage to feats by airborne troops and the special operations forces. The main gallery starts in 1940 with the Parachute Test Platoon and ends with today's units. Visitors can sit in a real-life paratrooper plane, see rare gear such as a spy compass disguised as a lapel button, experience a Motion Simulator and learn interesting details such as what the exclamation "Nuts!" had to do with the Battle of the Bulge. (910) 483-3003 or www.asomf.org

Cape Fear Botanical Gardens:

About two miles from downtown, the site has specialty gardens, a restored farmhouse, wildflowers, pathways (take the River Trail) and a "water-wise" exhibit. There also are displays of historical farming tools. The gift shop sells local artists' wares. (910) 486-0221 or www.capefearbg.org

By James Dulley

Metal roofs keep homes cooler in summer

Although it is more expensive to install than an asphalt shingle roof, the new metal roof will never have to be replaced.

Metal roofs save energy by keeping your house cooler during the summer, which can dramatically improve comfort inside and reduce electric bills if your home is air-conditioned. During the winter, a metal roof has a negligible impact on the energy efficiency of your house.

Many—but not all—metal roofs qualify for the federal energy conservation tax credit for 2010. In general, to qualify for the energy tax credit the roof must meet Energy Star qualification standards. For roofing, this means the TSR (total solar reflectivity) must be greater than 25 percent when new and 15 percent after three years of aging. To be sure the roofing qualifies, ask for specifications and a manufacturer's certification statement (MCS). It pays to be diligent: I recently got quotes on a roof installation, and several roofers told me their asphalt shingles qualified for the tax credit. In actuality they did not qualify.

The amount of the tax credit is 30 percent of the material cost of the roof (not installation expenses) up to a maximum of $1,500. Use IRS form 5695 to apply for the tax credit and save the payment receipt and MCS in case of a tax audit.

The completed metal roofing with new flashing and decorative hip trim over the seam.

For my own home project, I eventually selected an attractive, Classic Metal Roofing Systems aluminum roof. It is made from 98 percent recycled aluminum, and the one-by-two-foot panels are formed to simulate a cedar shake roof.

To install the aluminum panel roof, a special film underlayment was nailed down with plastic clips and stainless steel fasteners over the existing shingles (which saved the expense of tearing off the old shingles). Each aluminum panel interlocks with the adjacent ones on all four sides. It is designed to withstand up to a 120-mph wind.

Although it is more expensive to install than an asphalt shingle roof, my new metal roof will never have to be replaced. From a lifetime cost comparison, it is cheaper than installing an asphalt roof every 20 to 30 years. I also get a three percent reduction on my homeowner's insurance because of reduced fire hazard.

Most metal roofs reflect more of the sun's heat than do asphalt shingles, particularly black shingles. My Classic metal roof has a TRS of 0.43 whereas a black asphalt shingle roof has a TRS of only 0.05. This keeps the roofing materials cooler so less heat is radiated down through the ceilings to the living area. Also, the underside of the aluminum metal surface has lower "emissivity" (the ability to emit heat) than shingles, so even less heat radiates downward.

It was warm when my metal roof and ridge vent were installed, but the second floor became noticeably cooler than before.

Steel roofing is another option becoming more popular. Painted standing seam or tile steel roofing is very durable. Instead of trying to simulate some type of standard roofin material, the bright colors and unique appearance are signatures of upscale homes. The finish coating on aluminum and steel often uses a Kynar-base paint with heat reflecting additives in multistep process.

Resources

These companies offer metal roofs:

Classic Metal Roofing (800) 543-8938
www.classicmetalroofingsystems.com

Conklin Metal (800) 282-7386
www.metalshingle.com

Follansbee Steel (800) 624-6906
www.follansbeeroofing.com

Met-Tile (909) 947-0311
www.met-tile.com

Have a question for Jim?
Send inquiries to:
James Dulley, Carolina Country,
6906 Royalgreen Dr.,
Cincinnati, OH 45244
www.dulley.com

Business Opportunities

NEW! GROW EXPENSIVE PLANTS, 2000% Profit, Earn to $50,000, Free Information Growbiz, Box 3738-NC7, Cookeville, TN 38502—www.growbiz-abco.com

WATKINS SINCE 1868. Top Ten Home Business. 350 products everyone uses. Free catalog packet. 1-800-352-5213.

WE HAVE APPRAISERS EARNING OVER $80,000/year part time. If you have an agricultural background you may be qualified to become a certified livestock or farm equipment appraiser. Classroom or home study courses available. For information call the American Society of Agricultural Appraisers 800-488-7570 or visit www.amagappraisers.com

Vacation Rental

BEAUTIFUL LOG CABINS close to the Blue Ridge Parkway. www.treasurecovecabins.com or 1-888-627-6037.

BEACH HOUSE, Cherry Grove, SC. 4BR/2B, sleeps 14. 328-478-3208. Request photos: bnagel36@charter.net

EMERALD ISLE, NC Oceanfront Beach house—BR/3BA, sleeps 8. $1000 to $3300 weekly, Sat.–Sat. 52-943-1011.

CHERRY GROVE CHANNEL HOUSE. 4BR/3.5BA. 19-542-8146. Very nice, weekly/weekend.

MERALD ISLE CAMP OCEAN FOREST Campground. amping next to the ocean. Call 252-354-3454 for eservations or www.campoceanforest.com

ONDO-SUMMERWINDS near Emerald Isle in Salter ath. 4 bedrm. 3 bath, 4th floor, ocean front, fully furished. Pools. Call 804-282-9350 after 6 PM. ww.swartzproperties.com

ALMS RESORT, MYRTLE BEACH. Amazing views, eanfront, spacious, beautiful, 1bed/1bath, sleeps 6. alcony, stainless kitchen, fireplace, amenities alore. 828-288-9923, 828-980-8128.

IG CABIN IN MOUNTAINS of Ashe County, NC. Daily weekly rental. 336-982-2463. ww.carsonlogcabin.netfirms.com

YRTLE BEACH OCEAN LAKES, 3BR/2BA, sleeps 9, 0-425-5704 or knlsnyder@embarqmail.com or ww.mh188online.tk

IOKY MOUNTAIN VIEWS HOUSE; 3BR/2BA; close to heville, Gatlinburg, and ski resorts. 828-506-0207.

GEON FORGE, TN. LOG CABINS. 251-649-3344 or 1-649-4049—www.hideawayprop.com

TTERAS ISLAND (AVON)...4 Bedroom, 2 Bath. www. cationshatteras.com or call 856-451-2169.

OKEY MOUNTAIN LOG CABIN, secluded, pet ndly, non-smoking. www.VRBO.com/167632

RTLE BEACH, OCEAN LAKES CAMPGROUND—se sleeps 6. 2BR/1BA. Missy 336-956-4405. erharts@lexicominc.net

VACATION RENTAL: Boone, NC Golf Course Condo in Blue Ridge Mountains. 2BR/2 ½ BA, sleeps 6. No Pets. 2 week minimum, seasonal pricing. Internet, cable. Call 321-698-8271 after 6 p.m.

SMALL R.V. PARK, Western North Carolina mountains—joins Pisgah National Forest, 2149 Pisgah Highway, Candler, NC 28715. 828-230-9943 or 828-337-3361.

UNIQUE FARMHOUSE RENOVATED, Western North Carolina mountains, 2159 Pisgah Highway, Candler, NC 28715. www.vrbo.com/171097 or cell 828-337-3361.

AFFORDABLE DUPLEX TOWNHOUSE. Sleeps 12-14 each, North Myrtle Beach, Windy Hill Area—near Barefoot Landing. Phone 910-308-9008.

MOUNTAIN CREEKSIDE CABIN with hot tub, or try affordable beach vacation. Email: tonysybil@mail2christian.com

Real Estate

EMERALD ISLE WATERFRONT, 2 blocks from ocean, 2+acre lot septic installed. County value = $600,000, asking $360,000. Call 252-725-3142.

Insurance

FREE QUOTE—New and exciting plans with competitive rates are available for Medicare beneficiaries. If you already have a plan or just turning 65, contact one of our senior market specialists to learn about these new plans. Call 1-800-982-8842 or visit www.statewideinsure.com. Under age 65 products also available.

MEDICARE SUPPLEMENTS. Some guaranteed acceptance. Best rates. Currently enrolling. 1-800-252-6110.

THINK YOU CAN'T SWITCH MEDICARE SUPPLEMENTS? You can! Most seniors are finding their premiums can be lower in 2010 than they were in 2009 with no loss of benefits! Call Steven at Lake Norman Senior Insurance for free quote. 704-609-3116.

Gold Maps

FUN, HOW TO PAN. Carolinas, Virginia, Georgia, Alabama, California. 1-321-783-4595. WWW.GOLDMAPS.COM

For Sale

BAPTISTRY PAINTINGS—JORDAN RIVER SCENES. Custom Painted. Christian Arts, Goldsboro, NC 1-919-736-4166. www.christian-artworks.com

WORK CLOTHES—Good clean—6 pants and 6 shirts to match $44.95, Men's demin jeans 5 pair/$25.00, Lined work jackets, $10.95. 1-800-233-1853. www.usedworkclothing.com

STAY IN YOUR HOME, new and used stairlifts. www.carolinahomelift.com 877-261-5322.

GOURDS FOR SALE—variety of sizes starting at $3.00. Contact: 910-296-2007 or 980-253-7990.

COASTAL BERMUDA HAY. Horse quality 65 lb. square bales, $4.75. Delivery available, Tar River Ranch, Andy Burlingham: 785-410-8731.

"CAROLINA COUNTRY REFLECTIONS" More than 200 photographs showing life in rural North Carolina before 1970. Each picture has a story that goes with it. Hardcover, coffee table book, 160 pages. Only $35 (includes tax and shipping). Order online www.carolinacountry.com or call 919-875-3091.

Miscellaneous

PLAY GOSPEL SONGS BY EAR! 10 lessons $12.95. "Learn Gospel Music." Chording, runs, fills—$12.95. Both $24. Davidsons, 6727C Metcalf, Shawnee Mission, Kansas 66204.

BECOME AN ORDAINED MINISTER, Correspondence study. Founded in 1988. Luke 17:2, Free information. Ministers for Christ Outreach, 7549 West Cactus, #104-207, Peoria, AZ 85381. www.ordination.org

BLUEGRASS MUSIC! Free catalog. 1-800-473-7773 or www.musicshed.com

DIVORCE MADE EASY. Uncontested, in prison, alien, lost—$149.00 Phone 417-443-6511, 10am—10pm.

I BUY DODGE/ PLYMOUTH MUSCLE CARS. 1966-1972, Roadrunners, GTX, Challengers and Cudas. 336-366-7233.

FREE BOOKS/DVDs—SOON THE "MARK" of the beast will be enforced as church and state unite! Let the Bible reveal. The Bible Says, POB 99, Lenoir City, TN 37771 thebiblesaystruth@yahoo.com

CA$H PAID FOR DIABETIC TEST STRIPS. Unopened, unexpired. Call 704-785-7620.

The N.C. Association of Electric Cooperatives and its member cooperatives do not necessarily endorse the services and products advertised. Readers are advised to understand fully any agreement or purchase they make.

PALMETTO BUS SALES
CAROLINA'S CHURCH BUS SUPERSTORE
2000 Chevy Gas - 24k miles - $21,500

14 passenger - Non CDL Child Care Certified
WE SPECIALIZE IN NEW & USED CHURCH BUSES!
MORE THAN 50 IN STOCK
15-45 PASSENGER MODELS
EVERY PRICE RANGE!
05 Ford Gas Starcraft - 38k miles - $43,500

15 passengers Non CDL
Call 800-783-7613
www.PalmettoBusSales.com
I-26 AT EXIT #119 COLUMBIA, SC
LOCALLY OWNED & OPERATED

Coffee-Molasses Marinated Pork Chops

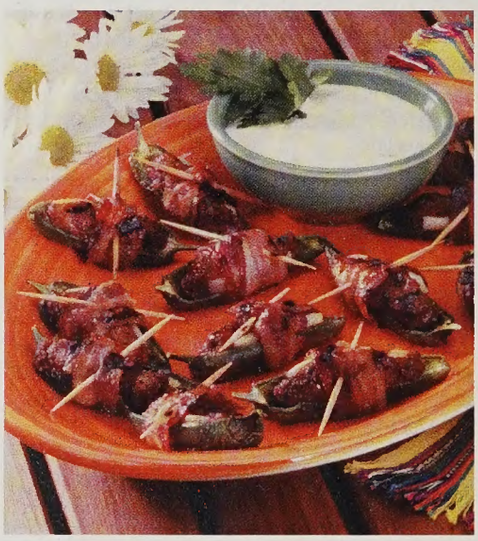
- 1 cup strong brewed coffee
- ¼ cup molasses
- 6 fresh thyme sprigs
- 2 tablespoons cider vinegar
- 1 tablespoon Dijon mustard
- 2 garlic cloves, minced
- ½ teaspoon salt
- ½ teaspoon lemon-pepper seasoning
- ½ teaspoon ground ginger
- 4 bone-in pork loin chops (1 inch thick)

In a large bowl, combine the first nine ingredients. Pour ½ cup marinade into a large resealable plastic bag; add pork chops. Seal bag and turn to coat; refrigerate for at least 2 hours. Cover and refrigerate remaining coffee mixture until ready to cook.

For glaze, place remaining coffee mixture in a small saucepan. Bring to a boil; cook until liquid is reduced to about ½ cup.

If grilling the chops, coat grill rack with cooking spray before starting the grill. Drain and discard marinade. Grill chops, covered, over medium heat for 4–5 minutes on each side or until a meat thermometer read 160 degrees. Spoon glaze over chops.

Jalapeño Chicken Wraps



- 1 pound boneless skinless chicken breasts
- 1 tablespoon garlic powder
- I tablespoon onion powder
- I tablespoon pepper
- 2 teaspoons seasoned salt
- 1 teaspoon paprika
- 1 small onion, cut into strips
- 15 jalapeño peppers, halved and seeded*
- 1 pound sliced bacon, halved widthwise
- Blue cheese salad dressing

Cut chicken into 2-inch by 1½-inch strips. In a large resealable plastic bag, combine the garlic powder, onion powder, pepper, seasoned salt and paprika; add chicken and shake to coat. Place a chicken and onion strip in each jalapeño half. Wrap each with a piece of bacon and secure with toothpicks.

Grill, uncovered, over indirect medium heat for 18–20 minutes or until chicken juices run clear and bacon is crisp, turning once. Serve with blue cheese dressing.

Yield: 2½ dozen.

**Editor's Note: When cutting or seeding hot peppers, use rubber or plastic gloves to protect your hands. Avoid touching your face.*

GO ONLINE Find more than 500 recipes at www.carolinacountry.com

Recipes are by Taste of Home magazine. For a sample copy, send $2 to Taste of Home, Suite 4321, PO Box 990, Greendale, WI 53129-0990. Visit the Web site at www.tasteofhome.com.

From Your Kitchen

Key Lime Cake

- 1 package (3 ounces) lime JELL-O
- 1⅓ cups sugar
- 2 cups all-purpose flour, sifted
- ½ teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 5 large eggs, slightly beaten
- 1½ cups vegetable oil
- ½ cup orange juice
- 1 tablespoon lemon juice
- ½ teaspoon vanilla extract
- ½ cup key lime juice
- ½ cup confectionery sugar

Icing

- ½ cup (1 stick) butter, room temperature
- 1 package (8 ounces) cream cheese, room temperature
- 1 box (1 pound) confectionery sugar

Preheat oven to 350 degrees. Grease and flour three 9-inch pans.

In a large mixing bowl stir and mix well Jello, flour, sugar, salt, baking powder and baking soda. Add the eggs, oil, lemon juice, orange juice and vanilla; stir well. Divide the batter evenly in the 3 pans and bake for 35–40 minute until cake is done and springs back to touch. Cool the layers in the pans for 5 minutes then turn them out onto racks.

While the layers are still hot mix the lime juice and the confectionery sugar. Pierce the cake layers with a fork and pour the mixture over the layers, allowing it to soak into the cake. Allow the layers to cool completely as you prepare the icing.

Icing: Cream butter and cream cheese together. Beat in the confectionery sugar until creamy.

Note: Cake is heavy and sinks in the middle due to the liquid—be careful putting layers together when icing. Also, I doubled the icing to have enough to ice the whole cake; refrigerate left over icing to use later.

Janis Cyrus of Youngsville will receive $25 for submitting this recipe.

Send Us Your Recipes

Contributors whose recipes are published will receive $25. We retain reprint rights for all submissions. Recipes submitted are not necessarily entirely original. Include your name, address, phone number (for questions), and the name of your electric cooperative. Mail to: Carolina Country Kitchen, P.O. Box 27306, Raleigh, NC 27611 or E-mail to: Jenny.Lloyd@carolinacountry.com

dish NETWORK®
AUTHORIZED RETAILER

regular price ~~$39.99~~

$24.99 a month for 12 months

over 120 channels *locals included!*
(where available)

HD FREE *for life!*
(with agreement)

Free
Activation ($99 Value)

Free
HBO® & SHOWTIME®
18 channels for 3 mo.
(with agreement)

Free
2 Room
HD-DVR Upgrade
1 HD-DVR + 1 SD-DVR
($6/mo DVR service fee applies)

Free
Up to 6 Room Installation

Call Today
1·877·508·4617

www.infinityDISH.com

WE ARE OPEN 7 DAYS A WEEK 8 AM – MIDNIGHT EST • SUNDAY 9 AM – MIDNIGHT EST
OFFER ONLY GOOD TO NEW DISH SUBSCRIBERS • SE HABLA **ESPAÑOL**

RESPOND BY:
08/28/2010

e Advantage plan requires 24-month agreement and credit qualification, if service is terminated before the end of agreement, a cancellation fee of $17.50/month remaining applies. Programming credits apply during first 12 months. Free HD for life of current account; requires Agreement, AutoPay with illing. HBO/Showtime offer requires AutoPay with Paperless Billing; credits apply during first 3 months ($72 value); customer must downgrade or then-current price applies. Requires continuous enrollment in AutoPay and Paperless Billing. Free Standard Professional Installation only. All equipment is must be returned to DISH Network upon cancellation or unreturned equipment fees apply. Limit 6 leased tuners per account; lease upgrade fees apply for select receivers; monthly fees may apply based on type and number of receivers. HD programming requires HD television. HD channel availability sed on package. 200 HD channels require subscription to additional packages and VIP® 922 receiver. All prices, packages and programming subject to change without notice. Local channels may not be available in all areas. Offer is subject to the terms of applicable Promotional and Residential Customer s. Additional restrictions may apply. First-time DISH Network customers only. Offer ends 9/28/10. HBO® and related channels and service marks are the property of Home Box Office, Inc. SHOWTIME and related marks are registered trademarks of Showtime Networks Inc., a CBS Company. InfinityDISH ne-time $49.95 non-refundable processing fee.

ATTENTION!
ELECTRIC COOPERATIVE MEMBERS!

Here's a plan that can provide
CASH TO HELP WITH FINAL EXPENSES

Up to $35,000!*

* Selected maximums apply depending on age

Now you can have a life insurance plan to help cover your final expenses – a plan which pays up to $35,000 to help your family cover your last expenses – worldwide.

- Protection up to $35,000
- Benefits begin first day
- Eligible up to age 85
- No physical exam required, based on coverage
- No waiting period
- Proceeds immediately available at death of insured
- Company cannot cancel your plan, reduce your benefits or raise your premium
- Can cost only pennies a day
- Whole Life Insurance Policy 4-790(92) Underwritten by Standard Life and Casualty Insurance Co

MOST HEALTH CONDITIONS ACCEPTED!

Not affiliated with or endorsed by any government agency

Sample Monthly Rates per 1,000*

Issue Age	Male (non-tobacco)	Female (non-tobacco)
5	$ .55	$ .55
15	$ .59	$ .55
35	$ 1.30	$ 1.08
55	$ 3.20	$ 2.53
65	$ 5.36	$ 4.14
75	$10.23	$ 7.64
85	$19.77	$16.52

* Does not include $36 policy fee, minimums may apply

Sample Monthly Rates per 1,000*

Issue Age	Male (tobacco)	Female (tobacco)
5	N/A	N/A
15	N/A	N/A
35	$ 1.79	$ 1.49
55	$ 4.30	$ 3.55
65	$ 7.18	$ 5.41
75	$13.24	$ 8.85
85	$26.26	$17.67

* Does not include $36 policy fee, minimums may apply

CLIP AND MAIL COUPON TODAY!

ACT NOW!

Peace of Mind
3700 Forest Drive Suite 205
Columbia, SC 29204

Yes, I would like to know more about peace of mind!

Name _____

Address _____

City _____ State _____ Zip _____

Date of Birth _____ Telephone _____

MAIL THIS COUPON TODAY TO RECEIVE FULL DETAILS WITHOUT OBLIGATION

CC 07/10